BEST GUIDE FOR SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

18-24 JANUARY 2025

TV&Satellite week

TV TO GET EXCITED ABOUT!

NEW

AMANDA & ALAN'S SPANISH JOB

It's their most ambitious project yet!

EXCLUSIVE!

OUT THERE

Martin Clunes reveals the shock secrets behind his latest hard-hitting drama

NEW

PRIME TARGET

Can a maths genius save the world?

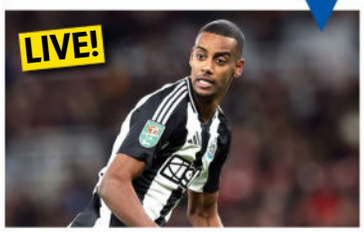
NEW

GLADIATORS

Get ready to rumble for Series 2

HotList This week's 28

Saturday 18



Premier League

***FOOTBALL** TNT Sports 1, Sky Sports Main Event & Sky Sports Premier League*

Newcastle have been on winning form but will need to be on their game as they host Bournemouth (k-o 12.30pm). Later, Arsenal play Aston Villa (k-o 5.30pm).

European Champions Cup

***RUGBY UNION** Premier Sports*

As the group stage concludes, today's pool matches include Northampton Saints v Munster, Leinster v Bath and Harlequins v Glasgow Warriors. While tomorrow sees Toulouse take on Leicester Tigers.

Gladiators

***ENTERTAINMENT** BBC1, 5.50pm*

Bradley and Barney Walsh (both above) return with a new run of the physical challenge show in which four contenders must take on the ruthless Gladiators in a series of brutal events. *See feature, p8*

Michael McIntyre's Big Show

***ENTERTAINMENT** BBC1, 6.50pm*

The comic (above) is back with another evening of entertainment, which includes a famous face surrendering their phone to play Send to All. *See feature, page 12*

Full listings start on **p35**

Sunday 19

Premier League

***FOOTBALL** Sky Sports Main Event & Sky Sports Premier League*

Everton's Jordan Pickford (above) will be hoping to keep Tottenham at bay (k-o 2pm), while Ipswich have a tough task ahead of them against Man City (k-o 4.30pm).

Baby Animal Rescue

***WILDLIFE** National Geographic WILD, 6pm*

Conservationist Giles Clark (above) travels to South Africa to work with teams caring for wildlife orphans and meets a baby pangolin learning life skills and a troubled young elephant on a journey to join a herd.

SAS Rogue Heroes

***DRAMA** BBC1, 9pm*

When the SAS soldiers are ordered to don the red berets the rest of the British Army wears, Major Paddy Mayne is not happy and makes it known, but the order has come from General Montgomery...

Out There

***DRAMA** ITV1, 9pm (box set, ITVX)*

Martin Clunes stars in this drama as Welsh farmer Nathan Williams, whose business comes under threat after his son (Louis Ashbourne Serkis) falls in with the wrong crowd. Continues tomorrow. *See feature, p4*

Full listings start on **p45**

Monday 20

President Trump's Inauguration

***FACTUAL** BBC1 & ITV1, from 3.30pm*

Live coverage from Washington DC as Donald Trump (above) is sworn in as 47th President of the United States, with JD Vance as Vice President.

Premier League

***FOOTBALL** Sky Sports Main Event & Sky Sports Premier League, k-o 8pm*

A struggling Wolves travel to Chelsea, with new manager Vitor Pereira keen to erase the memory of the teams' last meeting, which ended in a 6-2 beating.

Pompeii: The New Dig

***DOCUMENTARY** BBC2, 9pm*

A new archaeological dig examines what life was like in Pompeii, the ancient Roman city that sat at the foot of volcano Vesuvius, and also investigates the horror faced by residents when it erupted in AD 79.

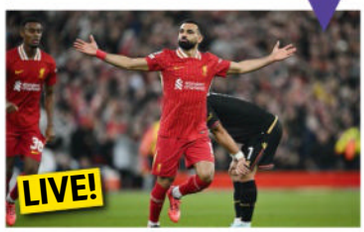
The Lost Music of Auschwitz

***DOCUMENTARY** Sky Arts, 9pm*

British composer Leo Geyer discovered over 200 forgotten scores in the Nazi death camp's archives, including original works written by prisoners. Now, he and his orchestra bring that music to life once more.

Full listings start on **p55**

Tuesday 21



Champions League

***FOOTBALL** Prime Video & TNT Sports*

An unbeaten Liverpool continue their campaign against Lille (Prime Video, k-o 8pm), while Aston Villa, currently 5th in the table, travel to Monaco (TNT Sports 1, k-o 5.45pm). *See Sport Week, page 28*

Winterwatch

***WILDLIFE** BBC2, 8pm*

Chris Packham, Michaela Strachan and Iolo Williams are back in Dorset to capture more stunning wildlife, including white-tailed eagles. Plus, we meet The Lone Kayaker. Continues all week. *See feature, page 11*

The Fear Clinic: Face Your Phobia

***DOCUMENTARY** C4, 8pm*

This six-parter follows 20 Brits – including Ollie, who has a fear of balloons – as they travel to an Amsterdam clinic in try to conquer their phobias. *See Documentaries, page 21*

Long Lost Family Special: The Spanish Baby Scandal

***DOCUMENTARY** ITV1, 9pm*

A look into the scandal that saw a shocking number of infants taken from their families during General Franco's dictatorship. *See Documentaries, page 20*

Full listings start on **p65**

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best shows

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Wednesday 22

Prime Target

THRILLER Apple TV+

Leo Woodall (above) stars as a maths genius who is targeted by an unseen enemy when he comes close to cracking a code that threatens international security. *See Your Watchlist, page 14*

India v England: 1st T20

CRICKET TNT Sports 1, play starts 1.30pm

England start their white-ball tour of India with the first of five Twenty20 Internationals, which takes place under the floodlights at Eden Gardens in Kolkata. The next match is on Sat 25 January.

Champions League

FOOTBALL TNT Sports, kick-offs 8pm

Tonight's game between PSG and Man City will be a must-watch, with both teams fighting to stay in the tournament. Meanwhile, Arsenal, safe in third spot, take on Dinamo Zagreb. *See Sport Week, p28*

Landscape Artist of the Year

FACTUAL Sky Arts, Sky Mix & Sky Showcase, 8pm

As the series returns, Stephen Mangan (above) hosts the first heat of the art contest from Hampton Court Palace.

■ Full listings start on **p75**

Thursday 23

High Potential

CRIME DRAMA Disney+

A single mum (Kaitlin Olson) who works as a cleaner finds herself recruited by the LAPD when she solves a murder while tidying the office of the Major Crimes unit. *See feature, page 6*

The Night Agent

ACTION THRILLER Netflix

Gabriel Basso (above) returns as FBI agent Peter Sutherland, who has gone AWOL after the discovery that a mole within the agency is selling US intelligence to the highest bidder. *See Your Watchlist, p16*

Beacon 23

SCI-FI Paramount+

The second and final series of the sci-fi thriller continues the story aboard the space station, with Aleph now in control and Aster (Lena Headey) presumed dead after the finale of Season 1.

Patience

CRIME DRAMA C4, 9pm

As the series draws to a close, Bea finds herself in danger following the death of a man with a history of eco-terrorism. And Jake and Patience uncover some uncomfortable truths. *See feature, p7*

■ Full listings start on **p85**

Friday 24

Star Trek: Section 31

SCI-FI Paramount+

Michelle Yeoh (above) reprises her role of Philippa Georgiou from *Star Trek: Discovery* in this film, helping a division of Starfleet on a mission to protect the United Federation of Planets. *See Your Watchlist, page 17*

The Killer

THRILLER Sky Premiere, 11.55am & 8pm

John Woo directs this updated version of his 1990 film, with Nathalie Emmanuel playing an assassin who vows to make amends for her killer past. Omar Sy (above) co-stars. *See review, page 22*

Amanda & Alan's Spanish Job

FACTUAL BBC 1, 8pm (box set, BBC iPlayer)

Following their Italian renovations, Alan Carr and Amanda Holden (both above) are in Spain to take on a run-down property in Andalusia. *See feature, p12*

The Traitors

ENTERTAINMENT BBC 1, 8.30pm

Expect to be on the edge of your seat as Claudia Winkleman (above) hosts the finale and the Faithful try to oust any remaining Traitors. It's sure to be full of twists, so never assume anyone is safe.

■ Full listings start on **p95**

18-24 JANUARY 2025

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ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: BUFFALO PICTURES/ITV, BBC, APPLE TV+. HOTLIST WORDS: LYNETTE BRIGHTON, RACHEL PRICE. HOTLIST PHOTOS: DISNEY+, GETTY

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CROSSING *the* LINE

EXCLUSIVE INTERVIEW

Martin Clunes plays a Welsh farmer targeted by a gang of drug dealers

NEW DRAMA

Out There

Sunday & Monday, 9pm, ITV1 (box set, ITVX)

Centred around the deadly world of county-lines drug dealing, Martin Clunes' latest hard-hitting drama, *Out There*, sees him play Welsh farmer Nathan Williams, whose family and business come under threat when his son is targeted by a ruthless gang.

The six-part ITV1 series, shot on location in Wales, opens with widower Nathan keen to expand his farming business, which has been in the family for generations. However, his teenage son, Johnny (Louis Ashbourne Serkis), falls into the wrong crowd when he reconnects with an old friend, Rhys (Gerran Howell), who is now a drug dealer.

As Rhys tricks Johnny into running drugs for him to pay off a debt, Johnny is spotted by local cop PC Jane Crowther (Eiry Thomas), and events quickly take a terrifying and deadly turn…

Here, in an exclusive interview, Clunes, 63, tells us more…

How do Nathan and Johnny become embroiled in the dangerous world of drugs? Johnny has a crush on a girl at his school and is asked to look after a package for Sadie's older brother Rhys. It's the catalyst for a terrible chain of events. Before long, Nathan's family and entire livelihood is at stake. County-lines crime is a hideous business and viewers will see the terrifying repercussions of it on Nathan's family.

How much did you know about county-lines crime before you started filming? I did a lot of research, and while this is a work of fiction, it is represented accurately. I was horrified to learn that drug dealers have a scoring method. For example, when you stab someone, it's a badge of honour. In the drama, we see Johnny getting involved with this really nasty character, Kenny, a career criminal, and see how the whole farm is drawn into it.

How would you describe the relationship between Nathan and Johnny? Nathan's wife Sabine, Johnny's mum, died two years ago and the loss colours everything. Sabine was French and Johnny's sister is now in France with relatives, so it's just Nathan and Johnny at the farm. There is love between them but they're not best buddies. You get a lot of eye-rolling from Johnny when Nathan attempts to speak to him about things like drugs.

This is set on the Welsh borders. How did you find the Welsh accent? We had a great dialect coach and we were surrounded by a Welsh crew and Welsh actors including Mark Lewis Jones [who plays Nathan's brother Caleb], so that was helpful. The only other time I've had to do a Welsh accent was one scene in [1990s sitcom] *Men Behaving Badly*, in which I had to pretend to be Welsh to put off somebody moving into the flat. But I don't think that counts!

Martin Clunes as Nathan and Sharon Morgan as Gwen

You have your own farm in Dorset. Did that experience come in useful? There are quite a few scenes with drones and I knew what I was doing because I use a drone on my own farm. It's very useful for locating missing lambs. When a ewe tucks her lamb in behind the gorse, you can't find them anywhere!

Your wife Philippa is a producer on *Out There*, and you also worked together on *Manhunt* and *Doc Martin*. Do you both bring your work home with you? We're used to it now but, yes, little bits come home with us, mainly the mechanics of it, because we own the production company together. But to be honest, once we're at home, we're more concerned with our animals. They take up most of our headspace. We've got seven horses, a handful of cattle and five dogs. My daughter is studying to be an equine vet nurse.

You have been in so many popular shows. What do fans ask you most when they see you? It's usually, 'Has *Doc Martin* really finished?' The answer to that is, 'Yes, it has finished and I feel fine about that.' These days, people usually just ask me if they can have a selfie.

WORDS: TESS LAMACRAFT PHOTOS: ITV

WHO'S WHO

Caleb Williams
Mark Lewis Jones

Nathan's brother is a former Royal Marine who has suffered great trauma in his past.

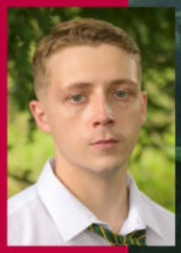
Eva Bartosz
Natalia Kostrzewa

Polish immigrant Eva is working as a cleaner for a neighbouring farmer when tragedy strikes.

Sadie Simpson
Carly-Sophia Davies

Johnny has a crush on his fellow pupil, but will he come to regret their friendship?

Rhys Simpson
Gerran Howell



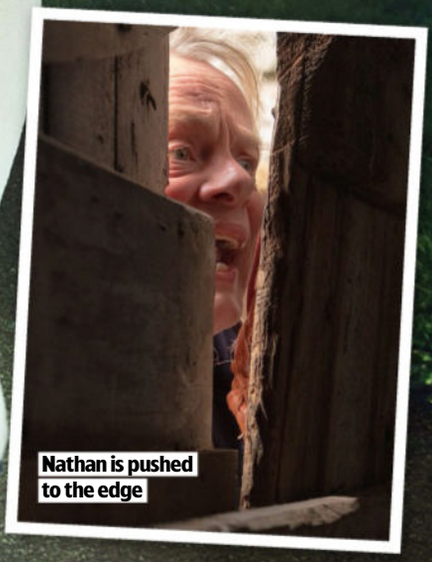
Sadie's older brother works for drugs boss Kenny and is running a drugs operation in his neighbourhood.

Nathan Williams
Martin Clunes

The Welsh farmer lost his wife two years ago and is trying his best to be a single parent while running his farm.

Johnny Williams
Louis Ashbourne Serkis

Nathan's 15-year-old son is dragged into a deadly scenario involving county-lines crime when he agrees to help a friend.



Nathan is pushed to the edge

Bright spark

Kaitlin Olson stars as a single mum who swaps cleaning for crime-solving

Kaitlin Olson as Morgan

The detectives see something special

NEW CRIME DRAMA

High Potential

From Thursday 23 January, Disney+ (first two eps from Thursday 23 January, then weekly)

Kaitlin Olson is a familiar face to fans of raucous sitcom *It's Always Sunny in Philadelphia*, having played self-centred bartender Dee Reynolds in the cult comedy since 2005. Now, the actor is flexing her dramatic muscles alongside her comedy skills as she stars in quirky Disney+ crime procedural *High Potential*.

Based on a French series, the 13-parter is set in Los Angeles and follows single mum Morgan Gillory, a colourful, outspoken cleaner with an exceptional IQ, who's recruited by the LAPD Major Crimes unit after she solves a murder while tidying their office.

Here, Olson, 49, tells us more…

What appealed to you about this project? I love that it's something different. Morgan's a fun character and gives me a great opportunity to play emotion, comedy and everything in between.

How does Morgan come to the attention of the LAPD? As a single mom of three working as a cleaner for the police, she's just about making ends meet. One night, she knocks over a bunch of evidence and as she's cleaning it up, she realises they've made a mistake. She crosses off 'Suspect' under one woman's picture on their case board and writes 'Victim'.

What's the reaction to her tinkering? Detective Adam Karadec [*Echoes*' Daniel Sunjata] isn't happy that she tampered with their evidence, but Lieutenant Selena Soto [*Scrubs* star Judy Reyes] realises Morgan is able to catch tiny clues that they've missed due to her incredibly high IQ, and offers her a job as a consultant.

Why does she agree to the position? One of the reasons – besides the pay cheque – is that she's looking for Roman Sinquerra, the father of her teenage daughter Ava. He mysteriously left 15 years ago and she knows that he didn't just walk out on them.

Does Morgan consider her intellect a gift? No, there are real challenges that go along with it – and you will see her struggle. It would be a disservice to this character and anybody who's highly intelligent or neurodivergent to ignore the fact that there's a lot more that comes with it.

Is it tricky to memorise the facts and figures that Morgan reels off? It's like a new language! In the opening episode, she's working out a grocery-store bill that I had nightmares about leading up to filming. I'm used to improvising if I can't remember dialogue, but you can't improvise your way through math. This is the one scene where there was some cheating going on – I had tiny Post-it notes hidden on the ham!

Could her working relationship with Detective Karadec become romantic? You don't know if they hate each other, could have a romance or are just two people learning to trust each other. I will let you draw your own conclusions. I would love to do another season because it's a ripe landscape with so much more to discover.

***It's Always Sunny* returns with its 17th season later this year. What does it mean to you?** It's once in a lifetime and life-changing. I met my husband [Rob McElhenney] on *Sunny* and now we're married with two beautiful little boys. We're such a family on the show, too. Danny DeVito [who stars as Olson's on-screen legal father, Frank] is so important to me and all of the cast. I don't know how I got so lucky.

Ella Maisy Purvis as Patience

DEAD MAN WALKING

Can Patience solve the case of a **disappearing corpse**?

LAST ONE CRIME DRAMA

Patience

Wednesday & Thursday, 9pm, C4

With her unique ability to untangle tricky cases, autistic police archivist Patience Evans has solved some baffling crimes in York while under the mentorship of DI Bea Metcalf. But there are two more cases that require her close inspection before the drama bows out this week.

In Wednesday's episode, Patience (Ella Maisy Purvis) is personally pulled into an investigation after her friend and autistic-support-group leader Billy (Connor Curren) discovers his brother is dead.

But when the body vanishes from the mortuary slab, should the team be on the hunt for a bodysnatcher or did the 'corpse' simply get up and walk away?

'Patience has a special relationship with Billy; they're each other's comfort people,' says Purvis, 21, who is among several neurodivergent actors in the cast. 'They understand each other's needs and boundaries, and they can communicate with each other with just a look or a nod.

'Patience is also very logical and somewhat of a nosy parker, so she can't help but point out what's obvious to her. We see this intriguing case through her eyes, which makes it even more heartfelt.'

UNIQUE VIEWPOINT

In the series finale on Thursday, Bea (Laura Fraser) needs Patience's expertise more than ever during an investigation into a suspected anthrax fatality on a bus. Can she connect the dots?

'We see how Patience's mind works, and we're ultimately given a neurodivergent point of view, which is quite unique,' says Purvis, who collaborated with writers to produce a 'truthful' representation of neurodivergence.

'It's interesting because I'm not a lot like Patience, really. She's very ordered and measured, whereas I forget to drink water and I don't know where I am half the time.

'However, I've not been able to hide behind a costume or an accent in this show. It's been a very vulnerable experience to just actually be myself.'

Billy (Connor Curren)

WORDS: ELAINE REILLY, REBECCA MAHONEY. PHOTOS: ©2025 DISNEY & ITS RELATED ENTITIES, C4

COLLISION course

Gladiators, ready? The **muscle-bound heroes** are back to thrill us again...

NEW ENTERTAINMENT

Gladiators

Saturday, 5.50pm, BBC1

When *Gladiators* returned to our screens, BBC1's revival of the epic 1990s series was one of the most-watched shows of 2024 with nearly 10 million viewers tuning in for the first episode.

Now, it's back with more fit and eager contenders ready to take on the elite team of athletes and bodybuilders in a series of thrilling bouts and battles such as Duel, Powerball and The Edge.

Bradley and Barney Walsh once again host proceedings at Sheffield Arena, while the 16 Gladiators from the first series are returning, along with Mark Clattenburg and his team of referees. Plus, there are two new games – Unleash, which involves a cat-and-mouse chase on an assault course, and Atlaspheres, in which contenders and Gladiators do battle in giant metal balls.

TV&Satellite Week caught up with Jade Packer, 26, and Alex Gray, 33, AKA Electro and Apollo, to find out more…

Did you expect the return of *Gladiators* to be such a hit?

Electro We always hoped so, and the reception that the show got was fantastic – we were super-pleased. It was great to reach out to so many viewers, especially kids, and showcase sport. The show is a good platform for that.

The show made stars of all the Gladiators virtually overnight. Do you get recognised wherever you go now?

Apollo It's an amazing thing to get noticed and to be asked to pose for photos. Whether we're on a train or at the supermarket, it happens all the time. The best thing is that everyone we meet loves the show and is so supportive of it. The feedback from kids and families has been amazing.

***Gladiators* has been credited for bringing families together on a Saturday night to watch the show. How does that feel?**

Apollo It's a massive compliment to the show because I think parents are finding it hard to pull their kids off their tablets, games consoles and phones. To finally have a show that does that is huge.

Electro There's nothing else on TV that brings everyone of all ages together.

What can you tell us about the new series?

Apollo It's bigger, better and badder! There are a lot of good contenders, which makes for some good battles between them and us. There are also a couple of twists and turns, and a few big falls. There are also a couple of

Referees Lee Phillips, Mark Clattenburg and Sonia Mkoloma

Hosts Bradley and Barney Walsh

WORDS: MICHAEL DARLING, ALISON SLADE. PHOTOS BBC, ITV

Bionic, Athena, Apollo, Electro, Nitro and Comet

New game Atlaspheres

new games to look forward to. There's a lot to be excited about.

Do you think the show will inspire young people to take up sport and exercise after watching what you guys can do?

Electro Absolutely. Every sport I have done has been inspired by watching other people do their thing, so it's great to be that person for young girls.

Apollo I watched *Gladiators* as a kid and I wonder how many of us were spurred on by the show to get into competitions. I know some of us were jumping around on our parents' sofas trying to do the games – which is what we have heard from families and kids now. It's amazing to go full circle from a kid on a couch watching the show to being the ones that the kids are watching and replicating.

Do you love all the games?

Electro I think every game has its place. It wouldn't feel right without one game in there. We're versatile as athletes, so it's nice to see people showcasing their athletic ability in different ways through the events.

Apollo Line 'em up. Whatever it is, I'll do it! The best game to play for me is The Edge – you're 25 metres up in the air, so there's a big fall.

The original series ran for almost eight years. Do you think the new *Gladiators* can equal that?

Apollo There's a huge appetite for more. Everyone's behind it. It's part of British entertainment and popular culture. As long as we keep raising the bar and as long as contenders keep raising the bar, I think we're here to stay.

STORY OF THE WEEK

Soap Diary

This week's soaps at a glance

A bombshell is dropped in the Rovers

CORONATION STREET

Daisy destroys Daniel and Bethany's relationship...

» **Desperate to know** if he's the father of Daisy's unborn baby, Daniel persuades his ex to get a DNA test done, and accompanies her to the clinic. Returning home, he's shocked to discover that fiancée Bethany has accepted a job in London, although he eventually agrees to the move. Daisy, meanwhile, is livid to learn that a load of her stuff has been sold by Jenny to help pay off their debt to Carla. To make things worse, Bethany has bought a designer handbag containing her pregnancy test.

Daisy's mortified when in-the-know Bethany pulls her aside, and she keeps shtum when the blonde assumes that Kit is her baby daddy. But when Bethany later announces during a Rovers quiz that she and Daniel have set a wedding date, the hurt barmaid makes an announcement of her own.

Bethany and Daniel

Daniel and Bethany's relationship promptly bites the dust, and the latter decides to move to the capital without him. Is the path now clear for Daisy to reclaim 'her' man?

» **PLUS** Lauren and Leanne have their days in court, Harvey turns the screw on David, Toyah urges Abi to seek help, Daniel tells Ken how Bertie spotted Cassie spiking his drink, and Carla returns home from hospital.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

EASTENDERS

» Bianca (above) comes up with a plot to save Sonia, and makes a last-ditch effort to escape from Reiss, George makes a shock discovery, Ruby has a risky plan to impress Martin, and Callum returns from the States.

EMMERDALE

» Caleb, Ruby, Cain, Chas, Aaron, Laurel and Nicola are all possible suspects when paedophile Anthony (right) is murdered, and Dawn sleeps with Joe, but will she come clean to her husband Billy?

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Hosts Michaela Strachan, Chris Packham and Iolo Williams

Out in the COLD

The team is back to capture all our **winter wildlife**

NEW WILDLIFE

Winterwatch

Tue-Fri, 8pm (times vary), BBC2

Chris Packham, Michaela Strachan and Iolo Williams will be wrapping up for more live wildlife reporting as *Winterwatch* returns for a four-night series from its base at RSPB Arne in Dorset.

Set against a backdrop of stunning heathland, wetlands and woodlands, the new run will feature the usual blend of live broadcasts, behind-the-scenes features and natural-history films to showcase the behaviour of UK wildlife in the winter season.

Here, the presenters share what they're most looking forward to…

FOXES

'My favourite animal to see at this time of year are foxes,' says Packham, 63. 'Foxes are very vocal as it's their mating season. There's nothing like being out in the woods at night and hearing the sharp bark of a fox. What I also like is that you can hear them in the hearts of our cities all over the UK, so they're really accessible.'

Mating season: Foxes

OTTERS

'I love the pre-recorded films with nature lovers and experts,' says Strachan, 58. 'This time, we meet Rupert Kirkwood, AKA The Lone Kayaker, who spends most of his time on the water, and he's seen minke whales and bluefin tuna. And there's retired doctor Christopher Wren, who has captured some magical otter moments at Gosforth Nature Reserve.'

An otter

WHITE-TAILED EAGLES

'I'm looking forward to seeing some of the birds – all kinds of waders and wildfowl – in the shallow bay at Arne,' says Williams, 62. 'And I'd love to get some nice views of the white-tailed eagles. We saw them on *Springwatch*, but it was a distant view. It would be lovely to be able to watch them hunting over the bay.'

GARDEN BIRDS

'I love seeing all the familiar garden birds that are seeking out the feeders, particularly as we're encouraging everyone to take part in this year's Big Garden Birdwatch,' says Strachan. 'But my favourite part of the Watches are the live cameras. Every season they bring something to surprise us, and I always love that.'

Keep your eyes peeled for tawny owls

TAWNY OWLS

'The great thing about RSPB Arne is its diverse range of habitats including broadleaf woodland, pine woodland, heathland and grassland,' says Packham. 'I'm looking forward to hearing the hoot of the tawny owls because they have begun courting and they will be laying their eggs around March.'

You liked...

We Own This City on Sky Atlantic

Based on a true story, this 2022 cop series featured Jon Bernthal (right) as Wayne Jenkins, the corrupt head of Baltimore Police Department's infamous Gun Trace Task Force – a unit of plain-clothes officers who planted evidence and resold drugs they seized back on to the streets.

Now try this...

Havoc on Netflix

Tom Hardy stars in this upcoming action movie – filmed in Wales – about a troubled detective, Walker, who must help a politician's estranged son after a drug deal goes wrong. Along the way, he unravels a web of corruption and conspiracy with far-reaching consequences. Timothy Olyphant and Forest Whitaker are among the co-stars.

WORDS: HANNAH DAVIES, RICHARD MCCLURE. PHOTOS: BBC, GETTY, NETFLIX, SKY, HBO

Look Who's Back...

A familiar face making a new appearance this week

Danny Dyer

A League of Their Own

Thu, 9pm, Sky Max & Sky Showcase

2001

After making his name in hardman movie roles such as *Mean Machine* (inset) and *The Football Factory*, Danny Dyer joined the cast of BBC soap *EastEnders* in 2013 as Queen Vic landlord Mick Carter, leaving in 2022. He's also presented BBC game show *The Wall* and C4 reality series *Scared of the Dark*, and last year starred in comedy *Mr Bigstuff* for Sky Max and Disney+'s adaptation of Dame Jilly Cooper's *Rivals*.

HIS NEW APPEARANCE

This week, devoted West Ham fan Dyer and Arsenal midfielder Jorginho guest on Sky Max entertainment show *A League of Their Own*, joining team captains Jill Scott and Jamie Redknapp plus regular panellist Micah Richards and comedian Rob Beckett for some zany sports-based challenges. 'I've met gangsters, I've met bare-knuckle boxers and drug dealers, but nothing has prepared me for the low-life scum on this show,' jokes Dyer, 47.

Danny Dyer

BUILDING DREAMS

Amanda Holden and Alan Carr head to Spain for their biggest renovation so far

NEW FACTUAL

Amanda & Alan's Spanish Job

Friday, 8pm, BBC1 (box set, BBC iPlayer)

Having already transformed two run-down properties into stylish modern homes in rural Italy, Amanda Holden and Alan Carr take on a new challenge in their latest series when they renovate an abandoned three-storey town house in the southern Spanish village of Moclín.

'We bought the house and decided to make it into a B&B,' explains Holden, 53. 'It was panic stations, because there was way more to do but we only had the same amount of time that we've always been given. There's a lot more bashing, a lot more tiling – a lot more of everything.'

The aim of the renovation is to breathe new life into a small community that's suffered from severe depopulation in recent years. But when Carr and Holden arrived to view the house, they got a very different impression.

SPANISH SURPRISE

'We went there during a big cycling event,' recalls Carr, 48. 'It was so funny – we're doing bits to camera, saying, "This village is dying," and it was like Black Friday on Oxford Street!'

Keen to draw inspiration from their surroundings, the pair visit the Alhambra Palace in nearby Granada – but despite their long-standing friendship and previous experience of working together, they couldn't always agree on a unified design style.

'I felt that we needed to make it look a bit Spanish as a nod to the environment,' says Carr. 'Whereas Amanda wants to make it look like Liberace's downstairs toilet! But because this house is big, we can go a bit more mad. I was like, "Well, you do the third floor, and I'll do the second."'

Holden and Carr worked with Sicily-based project manager Scott Thompson on both of their Italian renovations, and they were delighted when Thompson agreed to join them once again.

'Thank God for Scott, because it's really hard to find somebody who can do everything,' says Holden. 'He managed to find amazing local help, and he was full of brilliant suggestions.'

Return of the Mac

Michael McIntyre is back for more pranks and surprises

NEW ENTERTAINMENT

Michael McIntyre's Big Show

Saturday, 6.50pm, BBC1

Get set for hilarious cameos and heart-warming surprises as comic Michael McIntyre, 48, bounces back on to our screens this week with an eighth series of his *Big Show*. Here, he reveals what's in store...

Which celebrities can we expect to see this time? We have Michael Sheen, Judi Love and boxer Tony Bellew playing Send to All, and more amazing Unexpected Star celebs including singers Heather Small, Marti Pellow and Justin Hawkins. They're all sensational. And there are loads of celebrity cameos on Midnight Gameshow, including

WORDS: CAREN CLARK, NATASHA HOLT, TESS LAMACRAFT, RICHARD MCCLURE, STEVEN PERKINS, VICTORIA WILSON. PHOTOS: ALAMY, BBC, GETTY, ITV, SKY

The beautiful Alhambra Palace

The ground floor of the potential B&B

Jamie Oliver, Olly Murs and Luke Littler. It's a jam-packed series.

What's new? We have a new item called Remember Me in which a celebrity sits in the Royal Box [of the Theatre Royal Drury Lane] and a person from their past appears on stage and asks them, 'Remember me?' They could be anyone from the midwife who birthed them to a holiday romance. I play it with Miranda Hart, Alan Carr and Holly Willoughby.

Marti Pellow

Are members of the public in for surprises, too? Yes. We took the Wheel on Wheels van to Birmingham to find someone watching the show and found an Indian takeaway restaurant with *The Wheel* on their TV. I hid behind the till!

We know things can become very emotional. What tear-jerking moments can we expect? There is an Unexpected Star called Peter who's been singing every day by his wife's bedside as she receives end-of-life care. He's so deserving of the special moment he had performing on our stage. There's also an unmissable surprise for a huge darts fan, Gary, whose son died recently of cancer and he's dedicated himself to fundraising. He thought he was going to watch the World Matchplay in Blackpool but ended up playing against Luke Littler!

What else can I watch?

We search the TV schedules to uncover the shows you might have missed...

NEW Landscape Artist of the Year

Wednesday, 8pm, Sky Arts, Sky Mix & Sky Showcase

As the art contest returns for Season 10, host Stephen Mangan joins judges Kathleen Soriano, Tai Shan Schierenberg and Kate Bryan for the first heat at Hampton Court, where eight artists have four hours to capture the palace's baroque east front. This year's champion will win a £10,000 commission for London's Courtauld Gallery, to create a French landscape inspired by painters Monet, Cézanne and Van Gogh.

Law & Order

Tuesday, 9pm, 5USA

There are some big changes at the New York City Police Department as trigger-happy Detective Vincent Riley (*Veep*'s Reid Scott) joins the homicide unit following the departure of Frank Cosgrove. As Vincent investigates his first case, the murder of a university president, he's faced with a range of suspects, including a lacrosse coach with a grudge and pro-Palestine protesters.

The Traitors

Wed & Thu, 9pm, & Fri, 8.30pm, BBC1

Host Claudia Winkleman (left) conducts the dramatic last moments as the show hurtles towards a thrilling finale, with plenty more skulduggery and some shock Round Table banishments. Last year's final showdown saw Traitor Harry strategically manipulate his way to victory, walking away with over £95,000. But who will get their hands on the prize pot this time around?

Grantchester

Wednesday, 9pm, ITV1

The vicarage gets a new resident as former *Hollyoaks* actor Rishi Nair joins the cast as Alphy Kottaram. The new vicar has a run-in with DI Geordie Keating, who mistakes Alphy for a burglar – and ends up getting punched in the face. 'It was my first day filming on set and I had to punch Robson Green,' laughs Nair. 'But it gives us the foundation of the relationship between Alphy and Geordie.'

Cracking the code

Leo Woodall plays a maths genius whose theories spark a global conspiracy

tv+ Prime Target

NEW *Available: Wednesday 22 January*
Genre: Thriller Season: 1 Episodes: 8
(first two eps from Wed 22 Jan, then weekly)

A brilliant young mathematician finds himself in deadly peril when he makes a breakthrough that threatens global security in a tense conspiracy thriller from Apple TV+.

Eight-part series *Prime Target* follows Edward Brooks (Leo Woodall), who's on the verge of succeeding where the finest minds in history have failed – by finding a pattern in prime numbers.

David Morrissey plays Robert

It's an achievement that could have huge consequences for the planet. The random nature of prime numbers means they are the basis for all digital encryption, protecting everything from the world's banks to the nuclear weapons of global superpowers. However, if someone unlocked a sequence behind prime numbers, then the codes for all these things could be at risk, placing a host of governments and powerful organisations on the brink of disaster…

'When I wrote the script, I imagined somebody who was a PhD mathematician at Cambridge cracking that code,' says the show's creator, Steve Thompson. 'If they did, their life would change for ever because so many governments and corporations would try to hunt them down.'

DANGEROUS DISCOVERY

Edward hasn't considered the dangers surrounding his idea until his tutor, Robert Mallinder (David Morrissey), destroys his thesis and he begins to suspect an unseen enemy is working to prevent his theory coming to light.

'Edward is focused on making this breakthrough at any cost and doesn't really care about himself or others,' explains Woodall, 28, whose credits include *The White Lotus*. 'He can be blunt and sometimes rude, but his main priority and drive is to find a pattern in prime numbers. Throughout the series, he realises people could get hurt. It becomes very dangerous.'

Woodall says he had a passion for maths at school and undertook additional classes before filming the project, but he quickly realised he wasn't going to understand everything his character does.

'Honestly, there is not a lot that Edward and I have in common, which is why I wanted to do the role,' he says. 'I knew it would be a challenge to get into the mind of someone who is not like me at all.'

Robert's wife, Andrea (*Borgen*'s Sidse Babett Knudsen) – a respected historian specialising in Islamic antiquities – is one of the few people who believes Edward's assertion that darker forces are at play.

SECURITY THREAT

Meanwhile, Edward's determination brings him to the attention of NSA agent Taylah Sanders (Quintessa Swindell), who's been monitoring Europe's top mathematicians to see if any research might be a threat to digital security.

Sidse Babett Knudsen as Andrea

As she starts to piece together what's really going on, Taylah desperately wants to discover why Edward's research is so dangerous and uncover the conspiracy working to thwart him.

'Taylah is strong-willed and stands up for what she believes in,' explains Swindell, 27. 'What was most challenging about playing her was that she stayed mysterious to me. I never really knew what to expect, or what choices she would end up making.'

Leo Woodall as Edward Brooks

Edward with Taylah Sanders

What we're watching...

The shows being enjoyed by the *TVSW* team

NETFLIX The Six Triple Eight

Genre: Drama Episodes: One-off

The true story of how a battalion of Black female soldiers sorted out a massive backlog of mail for the US Army during World War Two is turned into a stirring drama by writer/director Tyler Perry. Kerry Washington stars as Major Charity Adams, the commanding officer of the 6888th battalion, tasked with sifting through 17 million pieces of post in six months. Working in difficult conditions and facing open hostility from white male officers, the women use ingenuity to achieve their goal.

Disney+ Blink

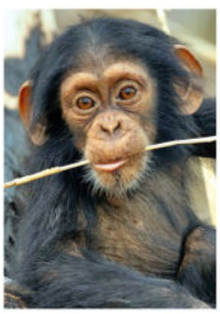
Genre: Documentary Episodes: One-off

A once-in-a-lifetime adventure is permeated with sadness as a Canadian family goes on a trip around the world before three of the children lose their sight to an incurable disease – retinitis pigmentosa.

tv+ The Secret Lives of Animals

Genre: Documentary Season: 1 Episodes: 10

Hugh Bonneville narrates this illuminating nature series, which showcases the incredible intelligence and remarkable adaptability of 77 animal species in 24 different countries.



Now in production...

Three upcoming shows to look out for soon

NETFLIX Rafa

In Netflix's docuseries, Majorcan-born tennis legend Rafael Nadal (above), along with his family and coaching team, will reflect on his life, his achievements on the court – which saw him win 22 Grand Slam men's singles titles – and his retirement in 2024.

tv+ Silo

Apple TV+'s sci-fi thriller will return for a third and fourth run, which will conclude the series, as mysteries are set to be solved about the dystopian underground world where engineer Juliette (Rebecca Ferguson, above) and her comrades are fighting for survival.

Paramount+ Joanne Froggatt

The star (above) is joining Guy Ritchie's as-yet-untitled Paramount+ drama as Jan, the wife of Harry Da Souza (Tom Hardy), a fixer to crime boss Conrad Harrigan (Pierce Brosnan). Paddy Considine, Lara Pulver and Anson Boon co-star.

WORDS: CAREN CLARK; JUDY EWENS, SEAN MARLAND. PHOTOS: APPLE TV+ ©2025 DISNEY & ITS RELATED ENTITIES, GETTY, NETFLIX, NATIONAL GEOGRAPHIC

Mark Noble, Rolf Lassgård and Kestutis Stasys Jakstas play the three world leaders

On the BRINK

How a 1980s maritime incident nearly sparked **a nuclear war**

Disney+ Whiskey on the Rocks

NEW *Available:* Wednesday 22 January
Genre: Drama
Season: 1 *Episodes:* 6

It sounds stranger than fiction, but this darkly comic political satire about a diplomatic crisis that nearly sparked World War Three is actually based on a true story. Swedish-language series *Whiskey on the Rocks* recounts the terrifying brinkmanship that ensued when a Soviet submarine ran aground near a Swedish military base in October 1981.

The six-parter starts aboard the Whiskey-class Soviet sub U-137, which goes off course in the Baltic sea following a navigational error, and crosses into Swedish waters before hitting a submerged rock and becoming stranded.

When the sub is spotted by a fisherman, the news is relayed to the Swedish authorities. Meanwhile, the Soviets are desperate to recover the vessel, and the USA gets wind of what could be a defining moment in the Cold War.

With bullish US President Ronald Reagan (*All Creatures Great and Small*'s Mark Noble) and vodka-soaked Soviet leader Leonid Brezhnev (Kestutis Stasys Jakstas) both rattling their sabres, it's up to laidback sheep-farming Swedish PM Thorbjörn Fälldin (Rolf Lassgård) to keep the peace.

While this may be the first time many British viewers will have been made aware of the incident, original Wallander actor Lassgård says it looms large in Swedish memories.

'I was around 26 years old and I really remember it, like everyone who was in Sweden when it happened, and it was actually more terrifying than we knew at the time,' he says, adding that the real-life character he portrays in the drama was a rather unique politician.

'I don't think we will see another prime minister who, at the same time, was working as a farmer,' he says of Swedish premier Fälldin. 'This is a person who was really grounded.'

But while a hawkish general pushes him to take a hard line with the Soviets, it's Fälldin's measured approach that ultimately saves the day, instructing his forces to 'hold the border' until the Soviets withdraw.

'When the Soviet ships were coming closer to the Swedish border to take the sub away, Fälldin had only 10 minutes to decide what to do,' says Lassgård. 'He described it as the loneliest moment in his life.'

Fugitive in flight

Agent **Peter Sutherland** goes AWOL as the spy thriller returns

NETFLIX The Night Agent

NEW *Available:* Thursday 23 January
Genre: Drama *Season:* 2 *Episodes:* 10

Heroic FBI agent Peter Sutherland (*The Big C*'s Gabriel Basso) accepted the offer to work in the field after saving the life of the US President at the end of Season 1 of Netflix's action-packed spy drama *The Night Agent*.

As the series returns, Peter is staking out a suspected mole in Thailand, alongside new mentor Alice (*Pitch Perfect*'s Brittany Snow).

'Alice is Peter's point of contact in Thailand,' explains Snow. 'She's a very skilled agent, and used to a lifestyle of solitude.'

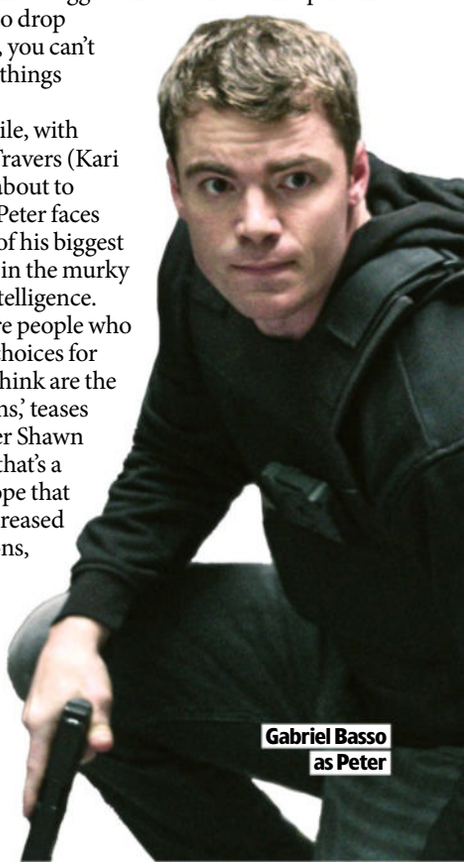
When their cover is blown, Peter goes AWOL but continues the investigation. Meanwhile, former tech CEO Rose Larkin (Luciane Buchanan), who grew close to Peter in the opening season as he saved her from assassins, receives a suspicious phone call asking about him. But having departed for California to resume her career, how advisable is it to get involved?

CONFLICTED

'Out of a desire to protect Rose, would Peter involve her in this life?' suggests Basso. 'To be that person who's able to drop everything, you can't really have things like family.'

Meanwhile, with President Travers (Kari Matchett) about to step aside, Peter faces losing one of his biggest supporters in the murky world of intelligence.

'There are people who make bad choices for what they think are the right reasons,' teases showrunner Shawn Ryan. 'But that's a slippery slope that leads to increased bad decisions, where suddenly you look up and you've lost your way and your soul.'



Gabriel Basso as Peter

WORDS: CAREN CLARK; IAN MACEWAN, REBECCA MAHONEY PHOTOS: BBC, C4, © 2025 DISNEY AND ITS RELATED ENTITIES, ITV, NETFLIX, PARAMOUNT+

Trek undercover

Michelle Yeoh joins a secret Starfleet division in a new spin-off adventure

Michelle Yeoh as Georgiou

Paramount+ Star Trek: Section 31

NEW *Available: Friday 24 January*
Genre: Sci-fi

The ever-expanding Star Trek universe boldly ventures into new territory with a spin-off film that sees Oscar-winner Michelle Yeoh reprise her role of the infamous and ruthless Emperor Philippa Georgiou.

After then-Captain Georgiou's untimely death in Season 1 of *Star Trek: Discovery*, a gleefully wicked mirror universe version of the character appeared. She had ruled the Terran Empire before crossing over into the Prime universe.

Now, as the franchise's first-ever TV film beams onto Paramount+, we find Georgiou in the 'lost era' of the early 24th century, where she's living under a new alias and running a nightclub, The Baraam, in space outside the United Federation of Planets.

Georgiou is drawn back into conflict

But when Alok Sahar (Omari Hardwick), the leader of Starfleet's secret division known as Section 31, seeks her out for a covert mission, will Georgiou want a piece of the action?

'Georgiou is one of the most complex, fun, out-of-this-world characters that I've ever played,' says *Everything Everywhere All at Once* star Yeoh, 62. '*Section 31* is in the Star Trek universe, but this is different. It's like Mission: Impossible meets Guardians of the Galaxy.'

The film introduces a ragtag Section 31 squad, including shapeshifting scientist Quasi (Sam Richardson), Deltan operative Melle (Humberly González) and mood-swinging Fuzz (Sven Ruygrok). Overseeing the operatives is the future captain of the USS *Enterprise-C*, Rachel Garrett (Kacey Rohl), while warrior Zeph (Robert Kazinsky) is dangerously loyal to Sahar.

'This team is not like anything you've seen before on the show. They're mischievous and anarchists,' says ex-*EastEnders* star Kazinsky, 41. 'Zeph is paraplegic. He did it to himself by trying to augment himself and the suit is his wheelchair. He's dependent on it, but the suit gives him extra power and strength.'

Kazinsky hopes this adventure will make fans think differently about the clandestine division, which has a controversial reputation.

'The truth is the Federation can only exist if a Section 31 exists,' he says. 'But we take it from being a nefarious organisation to humanising it.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

BBC iPLAYER Call the Midwife

As the 1970s arrive in the BBC1 period drama, residents of the Isle of Dogs cause havoc when they declare their independence, while the Nonnatus House team support a schoolgirl whose religious mother struggles with her pregnancy.

itvX Playing Nice

When Pete (James Norton) and Maddie (Niamh Algar, above) learn that their son Theo was switched at birth in ITV1's four-part thriller, they realise Theo's biological parents want to maintain control of the situation at any cost...

4 Patience

C4's crime drama sees shrewd DI Bea Metcalf (Laura Fraser, above right) spot that neurodivergent police archivist Patience Evans (Ella Maisy Purvis, above left) has an innate talent for crime-solving after she discovers a vital link.

BBC iPLAYER 7/7: The London Bombings

In BBC2's docuseries on the terrorist attack, survivors including Martine Wright (above) reveal the trauma they experienced when the Tube and bus bombs detonated in the capital in July 2005.

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

Prime Target

Wednesday 22 January

Conspiracy thriller. A brilliant mathematician (*One Day*'s Leo Woodall) is on the verge of a major breakthrough that will give him the key to every computer in the world. But he begins to realise someone is trying to destroy his idea. With *Euphoria*'s Quintessa Swindell, Stephen Rea and David Morrissey. See feature, page 14.

Whiskey on the Rocks

Wednesday 22 January

Political satire inspired by real events. On 28 October 1981, a Soviet nuclear Whiskey-class submarine runs aground inside a restricted Swedish military area. With global superpowers on edge, Sweden's Prime Minister, Thorbjörn Fälldin, faces the immense challenge of keeping peace between Soviet leader Leonid Brezhnev and US President Ronald Reagan. See feature, page 16.

The Day

W.A.G.s to Riches

Wednesday 22 January

Brand-new reality series following the wives, girlfriends and exes of American sports stars and rap artists. They include *Selling Tampa*'s Sharelle Rosado, who was engaged to former NFL star Chad Johnson, and Porsha Berto, the wife of boxer Andre Berto.

Celebrity Help! My House Is Haunted

Thursday 23 January

More celebrities, including comedian Dom Joly and actor Shaun Williamson (Barry from *EastEnders*), call in paranormal experts Ian Lawman, Barri Ghai and Jayne Harris to investigate unsettling paranormal activity in their homes in the fourth season of the show.

High Potential

Thursday 23 January

Crime drama starring *It's Always Sunny in Philadelphia*'s Kaitlin Olson as Morgan, a single mother of three and cleaner for the LAPD who has an exceptional IQ. After she displays an unconventional knack for solving crimes, she is hired as a consultant by the department. With *Rescue Me*'s Daniel Sunjata and *Scrubs*' Judy Reyes. See feature, page 6.

Harlem

Thursday 23 January

Third season of the comedy revolving around four girlfriends who met at New York University and are now in their 30s, living in Harlem and trying to balance love, life and their careers. Starring Meagan Good, Grace Byers, Shoniqua Shandai and Jerrie Johnson.

The Night Agent

Thursday 23 January

Second season of the action thriller centring on FBI agent Peter Sutherland (Gabriel Basso), who, in the first series, worked in the basement of the White House until he was propelled into a dangerous conspiracy. This time, Peter has gone AWOL after evidence is discovered revealing that a mole is selling US intelligence to the highest bidder. See feature, page 16.

Star Trek: Section 31

Friday 24 January

Oscar-winner Michelle Yeoh reprises her role of Emperor Philippa Georgiou from *Star Trek: Discovery* as she joins a division of Starfleet tasked with protecting the United Federation of Planets and faces the sins of her past. See feature, page 17.

Beacon 23

Thursday 23 January

The second and final season of the science-fiction psychological thriller set in the 23rd century on a remote 'lighthouse' in space. The inhabitants are still trapped with Aleph and, as punishment for their disobedience, Aleph murders The Column, imprisons Halan and banishes Harmony. Starring *Surface*'s Stephan James and *Game of Thrones*' Lena Headey.

Eva the Owlet

Friday 24 January

Second season of the animated kids' series featuring Eva, a creative, cheeky owlet, who lives next door to her best friend Lucy in the woodland world of Treetopington. With big ideas and an even bigger personality, Eva goes on high-flying adventures.

Shafted

Friday 24 January

French romcom. Four middle-aged, long-time male friends fumble their way through love, life and career crises in Paris as they struggle to find their place in a society that questions patriarchy. Olga Kurylenko co-stars.

Grafted

Friday 24 January

Horror movie. When a brilliant but introverted Chinese scholarship student (*3 Body Problem*'s Jess Hong) with a genetic facial birthmark is shunned by her classmates at a prestigious New Zealand university, she becomes unhinged and decides to achieve the popularity she so desperately craves by putting her science studies and medical know-how to terrifying use.

Posso Entrare? An Ode to Naples

Friday 24 January

Trudie Styler writes and directs this documentary that shows Naples through the eyes of Neapolitans including a 90-year-old woman who swims in the Mediterranean for an hour every day and remembers the time when Adolf Hitler toured the city with Benito Mussolini.

Shared Custody

Friday 24 January

Spanish comedy drama about a couple coming to terms with their mutually agreed separation and their commitment to maintain a mature, amicable relationship for the sake of their young daughter.

The Sand Castle

Friday 24 January

Lebanese drama. Stranded on a deserted island, a family of four scavenges for survival as their past unravels, sending them into a downward spiral of painful events.

The Day

Friday 24 January

Flemish drama from Walter Presents. A bank robbery spirals out of control in a quiet Flemish town as police, criminals and hostages all have agendas. With the clock ticking, no one is to be trusted.

The Miniaturist

Saturday 18 January

Anya Taylor-Joy stars in an adaptation of Jessie Burton's novel of the same name. In 17th-century Amsterdam, a young woman hires an elusive miniaturist to furnish the dollhouse her husband gave her, but the miniatures start foreshadowing the fate of those in the house. Previously shown on BBC1 in 2017.

WORDS: JUDY EWENS. PHOTOS: C4, PARAMOUNT+, U

Documentaries

Professor Soledad Luque with Nicky Campbell

Stealing our future

How thousands of Spanish babies were **secretly taken** from their parents

NEW FACTUAL

Long Lost Family Special: The Spanish Baby Scandal

Tuesday, 9pm, ITV1

In 2011, Spain was rocked by a headline-making news story alleging that, over several decades, thousands of newborn babies might have been taken from their parents and illegally placed with other families.

According to reports, the human trafficking had begun in the late 1930s under the regime of right-wing dictator General Franco, when babies were apparently removed by medics and the Church for financial gain, or because the parents – including single mothers, and those opposed to General Franco – were deemed 'unsuitable'.

The children were then adopted or sold, and, in some cases, their birth relatives were falsely told they had died.

The horrifying practice is thought to have continued into the 1990s, and this week, in a special edition of

Life and Death Row

Tue, 9pm, BBC3 (box set, BBC iPlayer)

A new run of the BAFTA-winning documentary series explores more death-row cases in the US, starting with Ivan Cantu (above), who was jailed in 2001 for shooting dead his cousin James Mosqueda and James' fiancée, Amy Kitchen. As the clock ticks down to his execution, Cantu makes a last-ditch appeal, claiming a podcaster has unveiled new evidence.

Baby Animal Rescue

Sunday, 6pm, National Geographic WILD

Conservationist Giles Clark (right) is helping animal-rescue teams across the globe to hand-rear vulnerable baby animals that are fighting for their lives. In the first episode, we meet a tiny, endangered pangolin called Archie, who must learn the skills to survive in the wild, from foraging for food to taking a mudbath.

The Lost Music of Auschwitz

Monday, 9pm, Sky Arts

It's 80 years since the Allies liberated the Nazi death camp Auschwitz. Around 1.1 million people perished there, yet it was also home to several orchestras formed of prisoners. In this one-off, British conductor Leo Geyer performs the music he has painstakingly researched as it would have sounded at Auschwitz.

WORDS: HANNAH DAVIES, CAREN CLARK, IAN MACEWAN. PHOTOS: BBC, C4, ITV, NATIONAL GEOGRAPHIC, SKY

Ruth Appleby with Davina McCall

ITV1's *Long Lost Family*, presenters Davina McCall and Nicky Campbell meet mothers and children who believe they were part of the so-called 'Stolen Babies Scandal'.

INGRAINED ISSUE

'This went on for years and became something beyond its original wicked purposes,' says Campbell, 63. 'It's unbelievable and terrible, and to see how organised it was is shocking.'

The special follows British teaching assistant Ruth Appleby, who lives in Yorkshire but was residing in La Coruña in northern Spain when she had her first baby, Rebecca, in 1992. Ruth was told her newborn daughter had sadly passed away, but after the scandal came to light almost 20 years later, she realised information she had previously been given did not add up. Had Rebecca been stolen?

Meanwhile, Spain-born Maria Elena and her mother Ana, who now live in London, reveal their fears that Ana's twin son and daughter were taken from the Madrid hospital where they were born in 1958.

In the programme, Campbell meets Professor Soledad Luque, who is pushing for new legislation to help solve stolen-baby cases. However, it remains difficult for many families to obtain proof about what really happened because official documents are frequently missing, incorrect or have even been falsified.

Neither Ruth nor Ana have yet learnt the truth about their children and whether they are still alive, as DNA matches have so far not proved fruitful.

'It's hard, because some children don't know their parents aren't their biological parents,' explains Campbell. 'So they don't put their DNA on websites because they're not looking for anyone – and they don't know anyone is looking for them.'

The Toxic World of Perfect Looks: Untold

Tuesday, 12.05am, C4

A look at the phenomenon of 'looksmaxxers', the term for men who believe that radically improving their appearance is the only way to succeed with women and in life, and the sometimes dangerous procedures they undergo. They include 'bone smashing' to create a defined jawline.

● ***Previously on Channel 4 streaming***

Lost Treasures of the Bible

Sunday, 8pm, National Geographic

According to the Old Testament, wealthy ruler Solomon built a temple in Jerusalem to house the Ark of the Covenant, but there's little evidence to back up the Bible stories. This week, archaeologist Dr Mohammad Najjar investigates whether ancient mineshafts in nearby Jordan could be the fabled King Solomon's mines.

Ollie with therapist Vivian

Up in the air

Can a **new treatment** cure Ollie of his aversion to balloons?

NEW FACTUAL

The Fear Clinic: Face Your Phobia

Tuesday, 8pm, C4

In the UK alone, around 10 million people suffer with a phobia – whether that's common types like claustrophobia or arachnophobia, or more unusual conditions such as emetophobia (a fear of vomiting) and coulrophobia (a fear of clowns).

But help is at hand in C4's new series *The Fear Clinic: Face Your Phobia*, which follows 20 fearful Brits as they put faith in a revolutionary centre in Amsterdam that specialises in a pioneering treatment based on the latest neuroscience – and the results are pretty staggering.

Ollie has a rare phobia of balloons, known as globophobia, which has dominated his life since an awkward childhood party.

'It sounds ridiculous to be terrified of an object that wouldn't cross most people's minds,' says Ollie. 'But my phobia massively affected my childhood and teenage years and I still avoid a lot of social situations.

'Now, I have two young children and everywhere we go there's a balloon somewhere, meaning I'm constantly at a heightened level of anxiety. But I can't keep making excuses.'

Treatment at the centre works on the basis that, as with muscle memory, we also have emotional memory, which tells our bodies how to feel and react to different situations. Each patient is encouraged to face their worst-case scenario, then change their emotional memory.

For Ollie, that means entering a room full of multicoloured balloons, which causes an extreme emotional response. After leaving the room, he's then given a beta blocker that will hopefully alter the way that his emotional memory is saved in his brain as he sleeps overnight.

Also hoping to face their fears in this week's first episode are Nick, who's terrified of mice, and Nina, who has an extreme phobia of being a passenger in a vehicle. Later in the series, phobias tackled include open water, frogs, birds and sheep.

But while Nina's fear is so deep that she can't continue treatment, Ollie is miraculously cured after just 48 hours.

'It's been the most intense few days of my entire life, but I'm really happy it's worked,' he says. 'It's the end of one life and the start of another.'

Musophobia is a fear of mice

Films Our Pick of

THE KILLER

Nathalie Emmanuel and **Omar Sy** star in this high-octane remake of a Hong Kong classic

PREMIERE OF THE WEEK

ACTION THRILLER

Friday, 11.55am & 8pm, Sky Premiere ★★★★

Back in the late 1980s/early 90s, action thrillers coming from Hong Kong were the best being made anywhere in the world. And of those film-makers, John Woo was king. Sadly, his transition to Hollywood never quite hit the heights of his homegrown movies, and his career seemed to have gone with a whimper.

But this remake of his iconic 1989 film seems to dispel that. A full-blown balletic gunplay tour-de-force, it's a riot of ridiculous set pieces. And there's enough twists and turns from the original to make this a stand-out in itself, foremost being the main character.

The first version saw the cool, charming Chow Yun-Fat as the assassin with a strict moral code, now it's the lithe, slick Nathalie Emmanuel, with her adversary being laconic but stand-up cop Omar Sy. Taking place in Paris, they cross paths before uniting in an almighty showdown in an abandoned church that highlights Woo's masterful touch when it comes to gloriously violent, brilliantly choreographed action scenes. It's still as daft as the first, but this is still a welcome blast from the past redone with panache. 2024, 15, 126MIN

WORDS: NIGEL PIZEY, NEIL SMITH

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

the Week's Best Films

SCI-FI HORROR

Alien: Romulus

On now, on demand, Disney+ ★★★★

A commendable reboot to the increasingly complex *Alien* franchise, this strips back most that has gone before to attempt a re-creation of the original movie's 'haunted house in space' vibe. Set 20 years after the original (and 30 before the sequel *Aliens*), it sees a rowdy group of young adults (including Isabela Merced, Spike Fearn and Archie Renaux) convince Cailee Spaeny and her android companion David Jonsson to go on an 'in-and-out' salvage mission. But we all know what they're going to find on the abandoned space station they're heading to... Plenty of nods to *Alien* plant this very much in that world, while the tension is cranked up to fine effect by director Fede Alvarez. The finale becomes a little convoluted, but there is still plenty to enjoy here. From 15 Jan. 2024, 15, 119MIN

Fear factor: Cailee

Meet'n'greet: Courtney and Thomas

DRAMA

Parachute

Sunday, 7am & 4pm, Sky Premiere ★★★★

With a head still full of body issues and an eating disorder, bound together with destructive self-hatred, Riley (Courtney Eaton) leaves rehab hospital a mess. But when she meets the amiable, thoughtful Ethan (Thomas Mann), she discovers someone to bond with – but is this blurred relationship love or a just another crutch? An intelligent, sometimes funny, sometimes brutal study of bulimia, this follows Riley over a few years as she attempts to navigate her life. The directorial debut of actor Brittany Snow (who also co-wrote), the film nails a character who's charming, relatable, selfish, exasperating and heartbreaking all rolled into one. In short, Riley feels like a real human being going through something mentally crippling. Eaton is a revelation, brilliantly breathing life into someone who, regardless of their actions, we are rooting for till the very end. 2023, 15, 108MIN

Hunters or hunted: Daniel, Brian and Calum

THRILLER

Kill

Saturday, 10.50am & 6.20pm, Sky Premiere ★★★

Up in the desolate Highlands in Scotland, three adult brothers (Daniel Portman, Brian Vernel and Calum Ross) shoot their manipulative, abusive father (Paul Higgins), burying his body deep in the forest. But when they are forced to go back there, he's gone... An effective thriller about the effects of familial mistreatment, this small-budget movie ekes all the suspense it can from the increasingly paranoid siblings. Directed by first-timer Rodger Griffiths, it's a very decent, if dour, stab at the genre, aided by strong performances from the entire cast. 2023, 15, 94MIN

Shocker: Maika

CHILLER

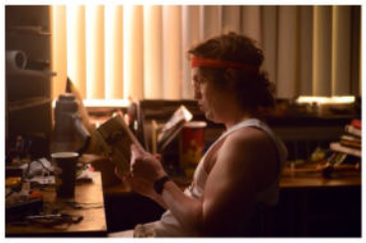
Longlegs

On now, on demand, Prime Video ★★★★

A little Nicolas Cage goes a terrifyingly long way in Osgood Perkins' serial killer/occult delving creepfest. Maika Monroe stars as an introverted FBI newbie whose near-psychic intuition could be the key to ending a barbaric string of whole-family slaughters in 1990s Oregon. Cage is the sing-song culprit, Longlegs, who unnerves from the get-go by having a little girl face a wintry encounter with him. The horrors are largely kept off-screen for much of this classy movie's duration, but it succeeds as a scary, deeply disconcerting experience. 2023, 15, 101MIN

FilmFinder The best of the week at a glance

Comedy



BlackBerry

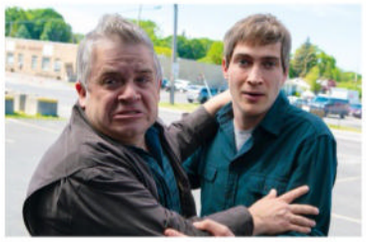
Saturday, 11.30am, Sky Cinema Comedy ★★★★

BlackBerry used to rule mobile phones and this wild story of its rise and fall, starring Jay Baruchel and Matt Johnson, is witty and intelligent. 2023, 15, 120MIN

The Book of Clarence

Wed, 4pm & 12.15am, Sky Hits ★★★

Deadbeat Clarence (LaKeith Stanfield) fails to become Jesus' 13th apostle, so sets himself up as a miracle-worker. The tone of this biblical parody is uneven, but Stanfield is charismatic. 2023, 15, 124MIN



I Love My Dad

Thursday, 7.10am & 4.10am, Sky Feel Good ★★★

Based on true events, writer-director-star James Morosini turns his dad's attempts to restore contact with him into a farcical cringe comedy. 2022, 15, 95MIN

Shirley Valentine

Friday, 12noon, Sky Greats ★★★★

Willy Russell's hit play makes a delightful, sunny transfer to the screen with Pauline Collins reprising her role as the downtrodden Liverpool housewife who blossoms in Greece. 1989, 15, 108MIN

Superhero

Blue Beetle

Saturday, 6.50am, Sky Family ★★★★

A lesser-known hero is given an exuberant, breath-of-fresh-air treatment as Xolo Maridueña's Jaime Reyes is turned into a flying bug, while his family amusingly get in on the action, too. 2023, 12, 127MIN

Madame Web

Monday, 6.15am & 12.35am, Sky Hits ★★★

Dakota Johnson is compelling as a paramedic who has terrible premonitions in this messy but more fun than expected *Spider-Man* spin-off. 2024, 12, 116MIN

The Flash

Mon, 8.25am & 2.40am, Sky Hits ★★★

Ezra Miller stars in this ambitious and confident outing, Michael Keaton is a film-stealing Batman and the gags and emotional moments hit the mark. The CGI is a let down, though. 2023, 12, 144MIN

Shazam! Fury of the Gods

Wednesday, 7.20am, Sky Hits ★★★

Helen Mirren and Lucy Liu cause all sorts of mischief, ready for Zachary Levi's Shazam and his band of supers to save the world. This is very muddled but the cast ensures it's fun. 2023, 12, 130MIN

Thriller

Nightcrawler

Wednesday, 3.45pm & 2.15am, Sky Crime ★★★★

Part scathing satire, part scorching thriller, this film stars Jake Gyllenhaal as a misfit who shoots grisly scoops for sensation-hungry TV stations. 2014, 15, 117MIN

The Beekeeper

Friday, 2.05pm, Sky Crime ★★★

In this decent actioner Jason Statham does what he does best as a beekeeper with, of course, a handy set of skills to take on shadowy bad guys who scam his kind boss Phylicia Rashad. 2023, 15, 105MIN

EDITOR'S CHOICE

Missing

Monday, on demand, Netflix ★★★

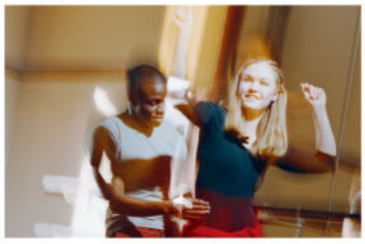
This chilling sort-of follow-up to 2018's *Searching* is similarly told entirely through various screens – mobile phone, laptop etc – as Storm Reid's teen attempts to trace her mum's digital footprint when she fails to return from a weekend away. After the first act settles, the mystery hits its stride, offering a twisty narrative where nobody can be trusted – and you'll be rooting for the terrific Reid. 2023, 15, 106MIN

Romance

What If

Monday, 9.45pm, Sky Drama ★★★★

Fizzing with a likeable chemistry, Daniel Radcliffe and Zoe Kazan make appealing leads in an offbeat romcom that is put together with great charm and intelligence. 2013, 15, 102MIN



Save the Last Dance

Wed, 10.10pm, Sky Drama ★★★

Would-be ballerina Julia Stiles ends up in a tough inner-city school and falls for Sean Patrick Thomas. The plot is corny, but their romance is treated with a rare depth and sensitivity. 2001, 12, 113MIN

Love Again

Thursday, 8.50am & 4pm, Sky Feel Good ★★★

Two lost souls (Priyanka Chopra Jonas and Sam Heughan) find each other (with a little help from Celine Dion) in this charming romance. 2023, 12, 104MIN

The End of the Affair

Friday, 12.05am, Sky Drama ★★★★

A handsome adaptation of Graham Greene's novel about the recriminations that spread out from an affair between Ralph Fiennes and married Julianne Moore in post-War London. 1999, 18, 101MIN

FILMS MAY BE EDITED FOR TELEVISION. THE RUNNING TIMES GIVEN ARE THOSE OF THE ORIGINAL CINEMA RELEASES.

Weekend movies

Saturday 18 January

COMEDY DRAMA

Paint

1.35pm, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

In a smart tale of toxic masculinity, Owen Wilson plays a locally famous TV artist in Vermont, whose assuredness of being top dog is threatened by a younger, fresher and more daring artist (Ciara Renée). Amid all of this is his relationship with number two at the station (Michaela Watkins), with whom he once had a fling (one of many), while his boss (Stephen Root) is trying to keep his sinking empire afloat. The gentlest of gentle comedies, this is undercooked but Wilson is a wonderful force of nature. 2023, 12, 96MIN

Easel does it: Owen

ACTION

Cocaine Bear

On demand, Netflix ★★

Sex ●●● Violence ●●● Language ●●●

Based, sort of, on a true story, this does-what-it-says-on-the-tin yarn about a bear that hoovers up drugs wavers between scares and laughs. It's not as snort-out-loud funny or thrilling as hoped, but Keri Russell, Ray Liotta and O'Shea Jackson Jr are good value as the leading players/fodder and highlights include our hirsute antihero pausing its rampage to admire a butterfly and leaving a trail of spurting limbs after chasing an ambulance. From 11 Jan. 2023, 15, 95MIN

WESTERN CLASSIC

Butch Cassidy and the Sundance Kid

2.40pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

The ultimate Hollywood buddy movie, this all-time great Western won four Oscars. The legendary outlaws are brought to life by ideal stars Paul Newman and Robert Redford, at their most charismatic as two of the Wild West's last great train-robbers. They banter their way through explosions, keeping their Hole in the Wall Gang in line and impressing schoolmarm Katharine Ross. A delight. 1969, PG, 112MIN

FAMILY ADVENTURE

The Kid Who Would Be King

11.05am, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

With affectionate nods to *The Goonies* and *E.T.*, director Joe Cornish channels the zesty spirit of 1980s kids movies with this fantasy adventure. Louis Ashbourne Serkis plays a plucky London schoolboy, who discovers he is King Arthur's fabled heir and forms a band of knights to take on Rebecca Ferguson's wicked magician Morgana. Patrick Stewart enjoys himself as fabled sorcerer Merlin. 2019, PG, 120MIN

THRILLER

Eastern Promises

11.40pm, BBC1 (12.55am Scotland) ★★★★

Sex ●●● Violence ●●● Language ●●●

Viggo Mortensen's a menacing driver for a notorious London crime family headed by Armin Mueller-Stahl, father of volatile enforcer Vincent Cassel. Naomi Watts plays a midwife affected by the death of a teen in childbirth who follows a trail that leads to Mueller-Stahl. With intense performances and stylish direction, this is a fine, gritty thriller. 2007, 18, 101MIN

■ Full listings start on p35

Sunday 19 January

HORROR

The Pope's Exorcist

On demand, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

While this chiller is preposterous and borrows heavily from other films (including, unsurprisingly, *The Exorcist*), it is a very entertaining romp. Russell Crowe delivers a ripe performance as Gabriele Amorth, a real-life priest who was the Vatican's chief exorcist, although the film's entirely fictional. A family moves to an abbey in Spain to convert it into their home, but the boy (Peter DeSouza-Feighoney) becomes possessed and needs Amorth to shake it. Overacting and wild times ensue. From today. 2023, 15, 143MIN

Devil may care: Russell

ANIMATION

Sing 2

1.30pm, ITV2 ★★★★

Sex ●●● Violence ●●● Language ●●●

This boisterous sequel delivers more songs and slapstick carried out by a variety of animals. A fab voice cast (including Bono, Pharrell Williams and Halsey) is led by Matthew McConaughey's koala, who is determined to put on a Vegas-style show. Laugh-out-loud moments are rare, but it raises lots of smiles and the renditions of songs ranging from Stevie Winwood to Taylor Swift (and of course U2) are excellent. 2021, PG, 100MIN

ANIMATION

The Croods

2.15pm, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

Nicolas Cage voices prehistoric caveman father Grug, who fears for the future of his rebellious teenage daughter Eep (Emma Stone), in this energetic and warm-hearted animated comedy adventure. Inevitably, sparks fly when Eep falls for savvy outsider Guy (Ryan Reynolds), who has alarming news of an impending disaster. The film delights with its exciting action scenes, knockabout slapstick humour and lush visuals. 2013, U, 99MIN

ANIMATION

The Book of Life

2.05pm, BBC1 (not Scotland) ★★★★

Sex ●●● Violence ●●● Language ●●●

Inspired by the legends surrounding the Mexican Day of the Dead festival, this vibrant animation bursts with colour and quirky humour. The story is engaging, too, as two conniving gods bet on the outcome of a romantic triangle involving a guitar-strumming reluctant bullfighter (voiced by Diego Luna), his heroic soldier friend (Channing Tatum) and the local town mayor's feisty daughter (Zoe Saldana). 2014, U, 95MIN

THRILLER

The Equalizer 3

8pm, Sky Crime ★★★

Sex ●●● Violence ●●● Language ●●●

Denzel Washington's third outing as CIA operative-turned-vigilante Robert McCall finds him living in an Italian village, enjoying a quiet life until Dakota Fanning's CIA agent turns up and they set about saving locals from the grip of the Mob. Washington is a strong asset and director Antoine Fuqua ensures both the brutal action and emotional beats hit the spot. 2023, 15, 109MIN

■ Full listings start on p45

HOME PREMIERES

*New movies to buy or rent on **Sky, Virgin, Prime Video** and more*

Arena tour: Paul

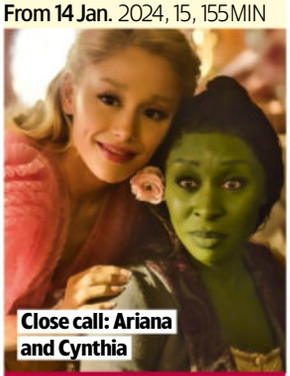
ADVENTURE

Gladiator II

On all week ★★★

Sex ●●● Violence ●●● Language ●●●

Paul Mescal looks impressive in this sequel to Ridley Scott's 2000 epic, though he lacks the commanding presence of original star Russell Crowe. That said, Scott piles on the action spectacularly in a story that is effectively a remake of the first film, thrusting Mescal's noble warrior into the Roman arena and pitting him against all manner of foes, including ferocious baboons, a rhino and, in a flooded Colosseum, even sharks. Amid the brutal fights to the death, Denzel Washington steals the film as the wily gladiator owner who is using Mescal's hero for his own ends. From 14 Jan. 2024, 15, 155MIN



Close call: Ariana and Cynthia

MUSICAL

Wicked

On all week ★★★★

Sex ●●● Violence ●●● Language ●●●

Giving us the backstory for the Wicked and Good Witches from the 1939 classic *The Wizard of Oz*, the hit Broadway musical comes to the screen full of splashy pizzazz. Cynthia Erivo delivers a powerhouse performance as put-upon Elphaba and pop superstar Ariana Grande is a comic revelation as her fellow young witch-in-the-making, entitled Galinda (later Glinda the Good). Their frenemy relationship is the beating heart of a long film (which only tells the musical's first half), but it always holds our attention. 2024, PG, 161MIN

Weekday movies over page

Weekday movies

Monday 20 January

LEGAL DRAMA

Dark Waters

11.05pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

As a favour to his gran, Mark Ruffalo's corporate lawyer Rob Bilott takes on a case in his West Virginia home town – a farmer (Bill Camp) thinks a chemical company is to blame for the death of hundreds of his cattle. Bilott thinks it's an easy case, but is still fighting 20 years on… This legal drama is gripping as Bilott painstakingly gathers every scrap of evidence. Ruffalo is brilliant and there is fine support from Camp, Anne Hathaway as Bilott's wife, and Bill Pullman and Tim Robbins as fellow lawyers. 2019, 12, 126MIN

Standing up for himself: Mark

DRAMA

Charming the Hearts of Men

7.25am, Sky Feel Good ★★★

Sex ●●● Violence ●●● Language ●●●

Kelsey Grammer (who got this film off the ground after it languished for more than two decades) is a wily congressman who pushed to include women into the Civil Rights bill of 1964. Anna Friel stars as a divorced Southerner who has no legal power as a female to stave off the banks. It's a handsome, well-acted movie, even if the historical accuracy – especially concerning black characters – feels hokey. 2021, 12, 107MIN

PERIOD DRAMA

The King's Speech

2.30pm, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

It's the 1930s, the era of the wireless, but future King George VI (Colin Firth) suffers from a debilitating stutter. Then his wife (Helena Bonham Carter) takes him to eccentric Australian speech therapist Lionel Logue (Geoffrey Rush). All three stars are word perfect in this sensational drama that's witty, clever and touching. The film won four Oscars, for Firth, director Tom Hooper, David Seidler's screenplay and Best Film. 2010, 12, 118MIN

COMEDY

Bonus Track

10.35am, Sky Drama ★★★

Sex ●●● Violence ●●● Language ●●●

Debut director Julia Jackman's sweet comedy is set in 2006 and centres on shy, glum teen George (Joe Anders), whose only passion is music – until Max (Samuel Paul Small), the cool son of a famous musical duo, enrols in his year at school. The trajectory is rote, leading up to a climactic end-of-year talent contest, but the leads are charming and there's a pleasingly, ahem, old-school vibe to the whole affair. 2023, 12, 98MIN

MUSICAL

Tommy

3.35am, Sky Greats ★★★★

Sex ●●● Violence ●●● Language ●●●

Roger Daltrey makes a splash as the 'deaf, dumb and blind kid' in Ken Russell's bizarre and full-blooded film of The Who's rock opera. The uninhibited verve of Ann-Margret and sardonic subtlety of Oliver Reed are to be admired, Tina Turner and Eric Clapton provide two very effective musical interludes and everyone's upstaged by Elton John's Pinball Wizard. 1975, 15, 111MIN

■ Full listings start on p55

Tuesday 21 January

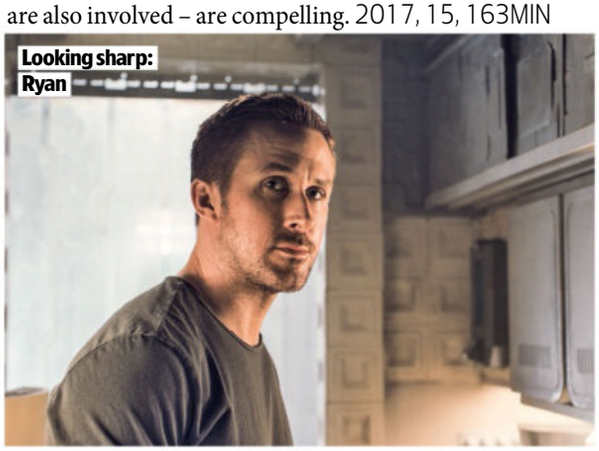
SCI-FI

Blade Runner 2049

11.10pm, BBC1 (not Northern Ireland) ★★★★★

Sex ●●● Violence ●●● Language ●●●

A magnificent sequel to Ridley Scott's iconic 1982 sci-fi masterpiece from director Denis Villeneuve, set 30 years after the action of the original. LA's just as bleak, but there is a new Blade Runner, Ryan Gosling, whose mission is the same as before: 'retiring' rogue fellow replicants. However, a puzzling discovery sends him on an earth-shattering quest… The dystopian future world looks stunning and the characters – Harrison Ford, Ana de Armas and Robin Wright are also involved – are compelling. 2017, 15, 163MIN



Looking sharp: Ryan

BIOPIC

Gorillas in the Mist

8.05am & 12.50am, Sky Greats ★★★★

Sex ●●● Violence ●●● Language ●●●

The amazing story of Dian Fossey (a perfectly cast Sigourney Weaver), the intrepid American zoologist who devoted her life to studying, befriending and protecting endangered mountain gorillas in the wilds of Africa. Director Michael Apted concentrates on the warmth and good humour of the close relationship Fossey built up with the gorillas for an inspiring and emotional story. 1988, 12, 124MIN

CLASSIC

Singin' in the Rain

12.50pm, Sky Feel Good ★★★★★

Sex ●●● Violence ●●● Language ●●●

One of the greatest Hollywood musicals of all time is also one of the funniest movies about film-making. Gene Kelly, co-directing with Stanley Donen, plays a matinee idol weathering the change from silent movies to talkies in the 1920s. The show-stopping moment, of course, is Gene and his brolly, but co-stars Debbie Reynolds, Donald O'Connor, Jean Hagen and Cyd Charisse are great value, too. 1952, U, 102MIN

COMEDY

The American Society of Magical Negroes

10.55am, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

Awkward young black man Justice Smith is brought into a secret society by David Alan Grier and given magical powers – to make white people's lives much easier. But his mission is to help client Drew Tarver win over An-Li Bogan, who Smith has fallen for… Writer-director Kobi Libii's sly satire takes a fresh approach to questions of racism and flips them on their head. 2024, 12, 104MIN

DRAMA

Rurangi

12.55pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

Trans man Caz (an effortlessly moving Elz Carrad) returns to his rural home town after a decade in Auckland, where he transitioned, to reconnect with his estranged father. The usual old wounds and skeletons are dug up and lost bonds are reforged in a story that's a little lean. But the gender-diverse cast makes this endearing, hope-dappled drama more than worthwhile. 2020, 15, 87MIN

■ Full listings start on p65

Wednesday

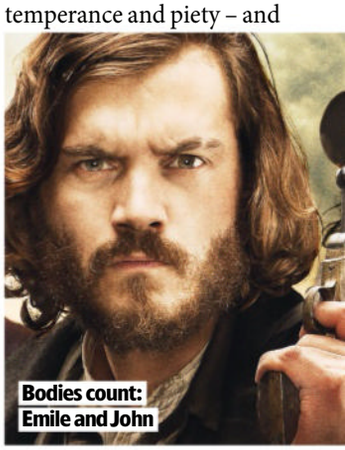
WESTERN

Never Grow Old

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This gritty, dour and very muddy Western stars Emile Hirsch as an Irish undertaker whose business thrives after John Cusack's murderous outlaw and his gang take over his frontier town – once a byword for temperance and piety – and



Bodies count: Emile and John

DRAMA

Mass

9.30am & 1.40am, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

Set mostly in a single room, this searing drama sees two sets of parents (Jason Isaacs and Martha Plimpton and Ann Dowd and Reed Briney) meeting years after a school shooting. Their sons both died, but, agonisingly, one was a victim, the other the shooter. It's a devastating tale of grief and a tough watch, but the superb acting (Isaacs has never been better) is well worth the energy it takes to absorb the impact. 2021, 12, 89MIN

COMEDY

Hot Rod

4.50pm, Sky Feel Good ★★★★

Sex ●●● Violence ●●● Language ●●●

This goofy tale of Andy Samberg's catastrophically inept stuntman and his dream of leaping 15 school buses on his moped turns out to be an unexpected treat, earning its laughs –and there are plenty of them – without simply resorting to tired slapstick and gutter humour. Crucially, Samberg and his co-stars – Isla Fisher, Ian McShane, Sissy Spacek and Bill Hader – never let on that they're in on the joke. 2007, 12, 88MIN

PHOTOS: ALAMY

22 January

turn it into a sinkhole of vice and violence. As the bodies pile up, so does Hirsch's blood money. But when one of Cusack's men takes a shine to his wife (Déborah François), he feels forced to take a stand. The film successfully combines familiar genre archetypes with a mood of convincingly grim realism. 2019, 15, 100MIN

COMEDY

The Edge of Seventeen

10.05pm, Sky Feel Good ★★★★

Sex ●●● Violence ●●● Language ●●●

Moody, peevish and socially inept, Hailee Steinfeld's 17-year-old is an emotional mess, and the only person she can turn to for advice is her jaded history teacher (a wonderfully droll Woody Harrelson). This first-rate comedy brilliantly captures the turbulence of adolescence thanks to writer-director Kelly Fremon Craig's smart script and Steinfeld's terrific acting. 2016, 15, 104MIN

WORLD CINEMA

The Innocents

1.50am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

A Norwegian nine-year-old (Rakel Lenora Fløttum) and her autistic older sister (Alva Brynsmo Ramstad) move to a new estate and meet two local outcasts (Sam Ashraf and Mina Yasmin Bremseth Asheim). But across a long, sweltering summer, the sisters discover their new friends have cruelly destructive powers. A strange, superbly executed creepy-kid flick like no other. Subtitled. 2021, 15, 117MIN

■ Full listings start on p75

Thursday 23 January

ROMCOM

Anyone But You

8pm, Sky Feel Good ★★★★

Sex ●●● Violence ●●● Language ●●●

Hooking up one night, the sparks fly for Sydney Sweeney and Glen Powell. But a frankly contrived misunderstanding means they don't see each other again until a hate-at-first-sight scenario months later. Then they have to be under the same roof again when Sweeney's sister (Hadley Robinson) and Powell's best friend (Alexandra Shipp) get married – in Australia. You may be able to see where this is going from as far as the moon, but the appealing stars make light work of every implausible plot device. 2023, 15, 103MIN

Well, fancy that: Glen and Sydney

COMEDY

Asteroid City

1.40pm, Sky Hits ★★★★

Sex ●●● Violence ●●● Language ●●●

Writer-director Wes Anderson's playful romp offers a wry exploration of life's mysteries set in a sun-kissed town in the US southwest where Junior Stargazers (and their parents) visit a meteor-crater site to display their inventions. As usual, there's a starry ensemble cast, including Scarlett Johansson, Jeffrey Wright, Jason Schwartzman and Tom Hanks, and no end of invention and drollery on show. 2023, 12, 105MIN

COMEDY

Pitch Perfect

10.45pm, ITV1 (not Border Scotland, STV) ★★★★

Sex ●●● Violence ●●● Language ●●●

A playful musical comedy set in the world of US college a cappella singing, this easy-going confection is sweet-sounding and wickedly funny. The plot's a tad predictable, as an all-female group try to beat their cocky male rivals, but the quirky characters and witty script hit the right notes and the songs are infectiously entertaining. Anna Kendrick, Rebel Wilson and Anna Camp star. 2012, 12, 112MIN

DRAMA

Starred Up

10.50pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Screenwriter Jonathan Asser's experience of working as a therapist with dangerous inmates in Wandsworth prison gives this hard-hitting prison drama a grim authenticity. Jack O'Connell plays a violent young borstal inmate who is 'starred up' to an adult prison, where he finds himself on the same wing as his estranged father (Ben Mendelsohn). The violence is sometimes difficult to watch, but the acting is terrific. 2013, 18, 106MIN

COMEDY

A Beautiful Day in the Neighborhood

1.55am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Hanks radiates kindness as US children's TV show host Fred Rogers in this delightful, heart-warming comedy. Asked to write a profile of Rogers, Matthew Rhys' cynical journalist thinks he must be too good to be true ('Please don't ruin my childhood', begs his wife), but ends up facing up to his own troubles thanks to Rogers' gentle insight. 2019, PG, 109MIN

■ Full listings start on p85

Friday 24 January

ACTION THRILLER

Civil War

On demand, Prime Video ★★★★

Sex ●●● Violence ●●● Language ●●●

In a future US in brutal conflict with itself, Cailee Spaeny's novice photographer and journalists Kirsten Dunst, Wagner Moura and Stephen McKinley Henderson head through perilous, militia-ruled terrain for an interview and photo with the despotic president (Nick Offerman) before his imminent violent overthrow. Writer-director Alex Garland's bleak film is something you endure as much as enjoy, but there's no debating the technical prowess and artistry he brings to a land turned on its axis. On all week. 2023, 15, 109MIN

Under fire: Cailee and Kirsten

BIOPIC

Ferrari

5.45pm, Sky Hits ★★★

Sex ●●● Violence ●●● Language ●●●

It's 1957 and ex-racing driver Enzo Ferrari (Adam Driver) is no longer in love with his wife (Penélope Cruz) and has a secret lover (Shailene Woodley). Meanwhile, in a bid to rev up his failing car company, Ferrari enters five of his hot rods in the cross-country, high-risk Mille Miglia race. Like its motors, this is sleek, chic and runs handsomely – and director Michael Mann certainly knows how to highlight the dangers of racing. 2023, 15, 130MIN

HORROR CLASSIC

The Shining

9pm, BBC3 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director Stanley Kubrick's film of Stephen King's bestseller is set in a snowbound, shut-for-the-winter Colorado hotel. Though King famously disliked Kubrick's movie, it is an eerie, chilling masterpiece. Jack Nicholson (at his unhinged best) arrives as caretaker, but soon he's talking to ghosts, wife Shelley Duvall is terrified of his erratic behaviour and their psychic son Danny Lloyd is having scary visions. Also on BBC2 on Sun. 1980, 15, 144MIN

WAR DRAMA

Defiance

11.55pm, BBC1 (12.25am Scotland) ★★★★

Sex ●●● Violence ●●● Language ●●●

A powerful, gritty drama about the real-life Jewish Bielski brothers (played by Daniel Craig, Liev Schreiber, Jamie Bell and George MacKay) who in 1941 Belarussia take refuge in a forest after the murder of their parents by fascist collaborators. There they form their own partisan brigade to fight the Nazis, where Craig and hot-headed Schreiber battle for leadership, while Bell tries to mediate. 2008, 15, 137MIN

ACTION COMEDY

Hancock

12.10am, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

This superhero spoof gets off to a goofy start with Will Smith as drunken, unpopular superhero John Hancock, who gets a professional makeover after he saves the life of PR man Jason Bateman. However, Bateman's wife Charlize Theron is strangely against helping Smith... Turning into an action blockbuster halfway through, the film is a bit messy, but still fun. 2008, 12, 92MIN

■ Full listings start on p95

Sport week

Your ultimate guide to the best of this week's live action

Champions League

Liverpool are looking unstoppable as the **tournament returns**

THE MAIN EVENT

LIVE FOOTBALL

Tuesday & Wednesday, Prime Video & TNT Sports

Following the Christmas break, the Champions League resumes on Tuesday and Wednesday, with just two match weeks remaining in the new-look league phase of the tournament.

The top eight sides qualify automatically for the last 16, to be played in March, with teams finishing ninth to 24th taking part in a two-legged play-off to join them in the next stage.

Here, we look at the British clubs' chances of progressing…

LIVERPOOL

Atop the table with six wins from six games, things couldn't be going any better for the six-time European champions, and Liverpool will be assured of a top-eight finish if they get a point at home to Lille on Tuesday (kick-off 8pm, Prime Video) before wrapping up the league phase with a trip to PSV Eindhoven. Mohamed Salah scored his 46th goal in the competition against Girona last time out, moving him to joint 12th in the list of all-time Champions League goalscorers.

ASTON VILLA

After four wins in six, an impressive Villa are sitting fifth in the table and have all but clinched a place in the last 16. Unai Emery's team travel to Monaco on Tuesday (kick-off 5.45pm, TNT Sports 1) before wrapping up their league-phase campaign at Villa Park against Celtic. Jhon Durán is Villa's top scorer in the campaign, with three goals, and netted alongside John McGinn and Ross Barkley in the 3-2 victory at RB Leipzig in December.

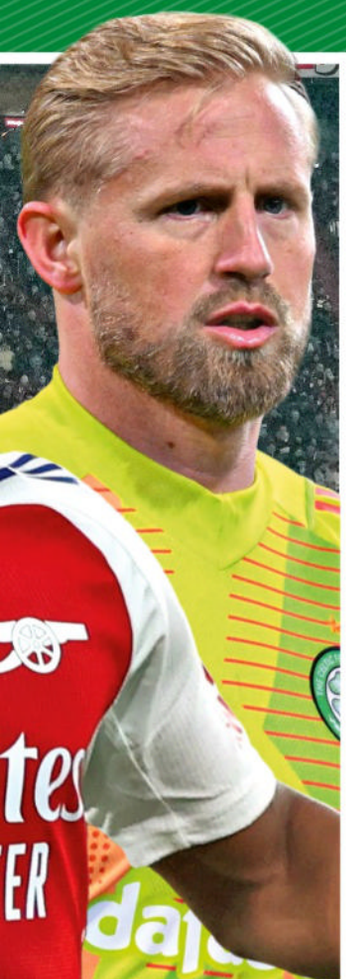
MANCHESTER CITY

Remarkably, City are languishing in 22nd place in the table, and Pep Guardiola's out-of-sorts side face a difficult trip to Paris Saint-Germain on Wednesday (kick-off 8pm, TNT Sports 1) before hosting Club Brugge a week later. Goalkeeper Ederson has conceded nine goals in the last three Champions League games, and the play-offs are City's most realistic hope. 'We have two games, we need one point maybe [to make the play-offs],' says Guardiola.

ARSENAL

A brace from Bukayo Saka helped Arsenal beat Monaco to move up to third in the table, but the Gunners will be without the England international for their final two games after he was injured in December. Mikel Arteta's men, who host Dinamo Zagreb on Wednesday (kick-off 8pm, TNT Sports 2) before visiting Girona in their final match, have based their campaign around a solid defence that's conceded just twice and featured a Champions League debut for teenage left-back Myles Lewis-Skelly.

WORDS: RICHARD MCCLURE. PHOTOS: GETTY



Ederson (Manchester City), Jhon Durán (Aston Villa), Mohamed Salah (Liverpool), Myles Lewis-Skelly (Arsenal) and Kasper Schmeichel (Celtic)

CELTIC

Not many Celtic fans would have predicted their team to be ahead of Manchester City with two league-phase ties remaining. The Scottish champions are 21st, with nine points, and a home victory against Young Boys on Wednesday (kick-off 8pm, TNT Sports 3) should see Brendan Rodgers' side in the play-offs. Goalkeeper Kasper Schmeichel and his teammates conclude their league phase against Aston Villa, and Celtic will be seeking a first away win in the competition proper for seven years.

LIVE CRICKET

India v England: First T20

Wednesday, play starts 1.30pm, TNT Sports 1

Expect to be entertained as England Test coach Brendon McCullum takes charge of the men's white-ball team for the first time, after being appointed to the role in September. His first fixture sees England take on India at Eden Gardens, Kolkata, in the first of five T20 matches, followed by a three-match ODI series. Jos Buttler captains the T20 squad, which includes fast bowler Mark Wood, who has recovered from an elbow injury, and paceman Saqib Mahmood, who was player of the series in the T20 series win over the West Indies in November.

England coach Brendon McCullum

Rangers star Hamza Igamane

LIVE FOOTBALL

Europa League

Thursday, TNT Sports

Just a point separates Manchester United and Rangers in the Europa League table as the sides face off at Old Trafford (k-o 8pm, TNT Sports 1). United are undefeated in six games, while Rangers come into the match on the back of a 1-1 draw with Tottenham Hotspur that saw Hamza Igamane score his fourth Europa League goal. Spurs, meanwhile, who are also well-placed for automatic qualification to the last 16, travel to German outfit Hoffenheim (k-o 5.45pm, TNT Sports 2).

Toyota's Elfyn Evans

LIVE MOTORSPORT

World Rally Championship

Thursday & Friday, TNT Sports 3 & TNT Sports 4

The World Rally Championship begins its biggest season since 2019 with 14 rounds scheduled for 2025, including three new rallies in the Canary Islands, Paraguay and Saudi Arabia. Monte Carlo is the venue for this week's season opener and begins with three stages in the darkness on Thursday night. Last year, Welsh driver Elfyn Evans, racing for Toyota, finished third in the event behind Hyundai's Belgian driver Thierry Neuville, who went on to win the world title by 32 points from Evans.

Solomone Kata of Leicester Tigers

LIVE RUGBY UNION

European Champions Cup

Sat & Sun, Premier Sports

The pool stage concludes with the top four teams from each group progressing to the knockout stage. Among the highlights is Glasgow Warriors' trip to Harlequins (Sat, k-o 8pm, Premier Sports 1), while holders Toulouse take on a Leicester Tigers side that handed new deals to Solomone Kata, Jack van Poortvliet, Ollie Hassell-Collins, Ollie Chessum and Will Hurd last month (Sun, 3.15pm, Premier Sports 2).

Sport A-Z and football planner »»

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Sport week A-Z GUIDE

AMERICAN FOOTBALL

LIVE NFL Divisional play-offs
Sat 8.30pm & 1am, Sun 8.45pm & 11.30pm Sky Sports Main Event; Sat 8.30pm & 1am, Sun 7.30pm & 11.30pm Sky Sports NFL

LIVE NCAA College Football play-off final
Mon 12m't Sky Sports Main Event & Sky Sports NFL

BASKETBALL

LIVE Kentucky Wildcats v Alabama Crimson Tide
Sat 5pm Sky Sports Mix

LIVE Detroit Pistons v Phoenix Suns
Sat 10pm TNT Sports 1

LIVE South Carolina Gamecocks Women v Oklahoma Sooners Women
Sun 8pm Sky Sports Mix

LIVE Miami Heat v San Antonio Spurs
Sun 8pm TNT Sports 2

LIVE Charlotte Hornets v Dallas Mavericks
Mon 5pm TNT Sports 1

LIVE Memphis Grizzlies v Minnesota Timberwolves
Mon 7.30pm TNT Sports 1

LIVE Golden State Warriors v Boston Celtics
Mon 10pm TNT Sports 1

LIVE Brooklyn Nets v New York Knicks
Tue 12.30am TNT Sports 1

LIVE Denver Nuggets v Philadelphia 76ers
Tue 3am TNT Sports 1

LIVE Dallas Mavericks v Minnesota Timberwolves
Wed 12.30am TNT Sports 2

LIVE Indiana Pacers v San Antonio Spurs
Thu 7pm TNT Sports 4

LIVE Milwaukee Bucks v Miami Heat
Thu 12.30am TNT Sports 1

LIVE Los Angeles Lakers v Boston Celtics
Thu 3am TNT Sports 1

LIVE Philadelphia 76ers v Cleveland Cavaliers
Fri 12m't TNT Sports 1

BOWLS

LIVE World Indoor Championships
Mon-Fri 1pm BBC2

American football
Jared Goff and the Detroit Lions enter the NFL play-offs this week as NFC North champions

BOXING

LIVE Naoya Inoue v Sam Goodman
Fri 8.30am Sky Sports+

COMBAT SPORTS

LIVE Islam Makhachev v Arman Tsarukyan
Sat 3am TNT Sports 1

CRICKET

LIVE Melbourne Renegades v Brisbane Heat
Sat 6am Sky Sports Cricket

LIVE New Zealand v South Africa
Sat 6.15am Sky Sports+

LIVE Perth Scorchers v Adelaide Strikers
Sat 9.10am Sky Sports Cricket & Sky Sports Mix

LIVE Pretoria Capitals v Paarl Royals
Sat 11am Sky Sports Cricket

LIVE MI Cape Town v Joburg Super Kings
Sat 3pm Sky Sports Cricket

LIVE Northern Brave v Canterbury Magicians
Sat 11.30pm TNT Sports 2

LIVE Sri Lanka v Malaysia
Sat 2.15am Sky Sports Cricket

LIVE Northern Brave v Canterbury Kings
Sat 3.15am TNT Sports 2

LIVE India v West Indies
Sun 6.15am Sky Sports+

LIVE Melbourne Stars v Hobart Hurricanes
Sun 8.10am Sky Sports Cricket

LIVE Sunrisers Eastern Cape v Durban's Super Giants
Sun 1pm Sky Sports Cricket

LIVE Wellington Blaze v Auckland Hearts
Sun 11.30pm TNT Sports 1

LIVE Australia v Bangladesh
Sun 2.15am Sky Sports Cricket & 3am Sky Sports Main Event

LIVE Ireland v USA
Sun 2.15am Sky Sports+

LIVE New Zealand v Nigeria
Sun 2.15am Sky Sports Mix

LIVE Wellington Firebirds v Auckland Aces
Sun 3.15am TNT Sports 1

LIVE England v Pakistan
Mon 6.15am Sky Sports Main Event & Sky Sports Cricket
The U19 Women's World T20 fixture.

LIVE Scotland v Nepal
Mon 6.15am Sky Sports+

LIVE South Africa v Samoa
Mon 6.15am Sky Sports Mix

LIVE Australia v England
Mon & Thu 7.45am TNT Sports 1
Two Women's Ashes T20 matches.

LIVE Paarl Royals v Joburg Super Kings
Mon 3pm Sky Sports Main Event & Sky Sports Cricket

LIVE Northern Brave v Central Hinds
Mon 1am TNT Sports 2

LIVE West Indies v Sri Lanka
Mon 2.15am Sky Sports Cricket & 4am Sky Sports Main Event

LIVE Northern Brave v Central Stags
Mon 4.45am TNT Sports 2

LIVE India v Malaysia
Tue 6.15am Sky Sports+

LIVE Durban's Super Giants v MI Cape Town
Tue 3pm Sky Sports Main Event & Sky Sports Cricket

LIVE Wellington Blaze v Canterbury Magicians
Tue 11.30pm TNT Sports 2

LIVE England v USA
Tue 2.15am Sky Sports Main Event & Sky Sports Cricket
The U19 Women's World T20 game.

LIVE Bangladesh v Scotland
Tue 2.15am Sky Sports+

LIVE New Zealand v Samoa
Tue 2.15am Sky Sports Mix

LIVE Wellington Firebirds v Canterbury Kings
Tue 3.15am TNT Sports 2

LIVE Pakistan v Ireland
Wed 6.15am Sky Sports+

LIVE India v England
Wed 1pm TNT Sports 1
The first T20 in Kolkata. See p29.

LIVE Sunrisers Eastern Cape v Pretoria Capitals
Wed 3pm Sky Sports Main Event & Sky Sports Cricket

LIVE Auckland Hearts v Otago Sparks
Wed 11.30pm TNT Sports 1

LIVE Malaysia v West Indies
Wed 2.15am Sky Sports Main Event & Sky Sports Cricket

LIVE Auckland Aces v Otago Volts
Wed 3.15am TNT Sports 1

LIVE India v Sri Lanka
Thu 6.15am Sky Sports Main Event & Sky Sports Cricket

LIVE Durban's Super Giants v Paarl Royals
Thu 3pm Sky Sports Main Event & Sky Sports Cricket

LIVE Canterbury Magicians v Wellington Blaze
Thu 1am TNT Sports 3

LIVE U19 Women's World T20
Thu 2.15am Sky Sports Main Event & Sky Sports Cricket

LIVE Canterbury Kings v Wellington Firebirds
Thu 4.45am TNT Sports 3

LIVE U19 Women's World T20
Fri 6.15am Sky Sports Mix, 2.15am Sky Sports Main Event, Sky Sports Cricket & Sky Sports+

LIVE Sunrisers Eastern Cape v Joburg Super Kings
Fri 3pm Sky Sports Main Event & Sky Sports Cricket

LIVE Northern Brave v Otago Sparks
Fri 1am TNT Sports 3

LIVE Northern Brave v Otago Volts
Fri 4.45am TNT Sports 3

DARTS

LIVE World Series of Dutch Masters
Fri 6pm ITV4

GOLF

LIVE Dubai Desert Classic
Sat 6am & 4.30am Sky Sports Main Event, 6am & 4am Sky Sports Golf
Days three and four in the UAE.

LIVE Latin American Amateur Championship
Sat 4pm & Sun 3pm Sky Sports Golf
Days three and four at Pilar Golf.

LIVE American Express
Sat & Sun 4.30pm Sky Sports+; Sat 7pm & Sun 6.30pm Sky Sports Golf
Days three and four from California.

LIVE New York Golf Club v Atlanta Drive Golf Club
Tue 12m't Sky Sports Main Event & Sky Sports Golf

LIVE Farmers Insurance Open
Wed & Thu 4.45pm, Fri 5pm Sky Sports Golf; Wed-Fri 10.30pm Sky Sports Main Event; Thu 5pm Sky Sports+
Days one to three at Torrey Pines.

LIVE Ras Al Khaimah Championship
Thu & Fri 8.30am Sky Sports Golf; Thu 9.30am & Fri 8.30am Sky Sports Main Event
Days one and two in the UAE.

HORSE RACING

LIVE Ascot
Sat 1.30pm ITV1

LIVE Windsor
Sun 1.30pm ITV4

ICE HOCKEY

LIVE Winnipeg Jets v Calgary Flames
Sat 12m't Premier Sports 2

LIVE Vancouver Canucks v Edmonton Oilers
Sat 3am Premier Sports 1

LIVE Montreal Canadiens v New York Rangers
Sun 12m't Premier Sports 2

LIVE Dallas Stars v Detroit Red Wings
Sun 1am Premier Sports 1

LIVE Toronto Maple Leafs v Tampa Bay Lightning
Mon 12.30am Premier Sports 2

LIVE New York Rangers v Ottawa Senators
Tue 12m't Premier Sports 2

LIVE Dallas Stars v Carolina Hurricanes
Tue 1am Premier Sports 1

LIVE Colorado Avalanche v Winnipeg Jets
Wed 2.30am Premier Sports 2

LIVE Los Angeles Kings v Florida Panthers
Wed 3am Premier Sports 1

LIVE New York Rangers v Philadelphia Flyers
Thu 12m't Premier Sports 2

LIVE Edmonton Oilers v Vancouver Canucks
Thu 2am Premier Sports 1

LIVE Dallas Stars v Vegas Golden Knights
Fri 12.30am Premier Sports 2

LIVE Chicago Blackhawks v Tampa Bay Lightning
Fri 1am Premier Sports 1

MOTORSPORT

LIVE World Rally Championship
Thu 5pm TNT Sports 4; Fri 8.30am TNT Sports 3
The Rallye Monte-Carlo. See p29.

RUGBY UNION

LIVE Bulls v Stade Francais
Sat 12.30pm Premier Sports 2 (kick-off 1pm) The Champions Cup Pool 3 fixture. See p29.

LIVE Gloucester-Hartpury RFC v Ealing Trailfinders
Sat 3pm TNT Sports 1 (kick-off 3.05pm)
Premiership Women's Rugby match.

LIVE Clermont Auvergne v Bristol Bears
Sat 3pm Premier Sports 1 (kick-off 3.15pm) Champions Cup.

LIVE Northampton Saints v Munster
Sat 3pm Premier Sports 2 (kick-off 3.15pm) Champions Cup.

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LIVE Scarlets v Vannes
Sat 5.15pm S4C (kick-off 5.30pm)

LIVE Leinster v Bath
Sat 5.15pm Premier Sports 1 (kick-off 5.30pm) Champions Cup.

LIVE Harlequins v Glasgow Warriors
Sat 7.45pm Premier Sports 1 (kick-off 8pm)
Champions Cup Pool 4 match.

LIVE Racing 92 v Stormers
Sat 8pm Premier Sports 2 (kick-off 8pm) Champions Cup.

LIVE Bordeaux v Sharks
Sun 12.45pm Premier Sports 1 (kick-off1pm) Champions Cup.

LIVE Saracens v Castres
Sun 3pm Premier Sports 1 (kick-off 3.15pm) Champions Cup.

LIVE Toulouse v Leicester Tigers
Sun 3pm Premier Sports 2 (kick-off 3.15pm)
Champions Cup Pool 1 game.

LIVE Sale Sharks v Toulon
Sun 5.15pm Premier Sports 2 (Kick-off 5.30pm)
Champions Cup Pool 4 match.

LIVE HSBC SVNS
Thu 3.45am & Fri 1.45am TNT Sports 2

LIVE Harlequins v Northampton Saints
Fri 7pm TNT Sports 1 (kick-off 7.45pm) The Premiership match from Twickenham Stoop.

LIVE Glasgow Warriors v Connacht
Fri 7pm Premier Sports 1

LIVE Ospreys v Benetton
Fri 7.15pm BBC2 (Wales only) & 7.30pm Premier Sports 2

SKIING

LIVE Alpine Skiing
Sat 10am, Sun & Tue 9.15am & 12.15pm, Thu 9.55am & Fri 10am Euro2

LIVE Biathlon
Sat 1.20pm, Sun 11.30am & 1.45pm, Wed 9am & 11am, Thu & Fri 1.15pm Euro2

LIVE Cross-Country Skiing
Sat 2.40pm, Sun 2.45pm & Fri 2.50pm Euro2

LIVE Nordic Combined Skiing
Sun 1.15pm Euro2

LIVE Freestyle Skiing
Fri 7pm Euro2

SNOOKER

LIVE The Masters
Sat & Sun 1pm & 6.45pm Euro1; Sat 1.15pm BBC1; Sat 7pm, Sun 1pm & 7pm BBC2
The semi-finals and final in London.

TENNIS

LIVE Australian Open
Sat 5.30am, 8am & 12.30am, Sun-Tue 8am & 12.30am, Wed 8am, Thu 8.30am, 1am & 3.30am, Fri 8.30am Euro1; Sat 5.30am & 12.30am, Sun 12.30am Euro2
Days seven to 13 at Melbourne Park.

WINTER SPORTS

LIVE Ski Jumping
Sat 3.30pm, Sun 3.45pm, Fri 7.20am & 4pm Euro2

LIVE Snowboarding
Wed 12noon Euro2

Football planner

Saturday 18

LIVE Sydney FC v Brisbane Roar
6am TNT Sports 1 (kick-off 6am)

LIVE Canberra United Women v Western Sydney Wanderers Women
6am TNT Sports 2 (kick-off 6am)

LIVE Melbourne Victory Women v Perth Glory Women
7am TNT Sports 3 (kick-off 7am)

LIVE Adelaide United v Melbourne Victory
8.30am TNT Sports 2

LIVE Cardiff City v Swansea City
11am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)

LIVE Newcastle United v Bournemouth
11am TNT Sports 1 (kick-off 12.30pm)
Coverage of the Premier League game staged at St James' Park.

LIVE Millwall v Hull City
12.25pm Sky Sports+ (kick-off 12.30pm)

LIVE Osasuna v Rayo Vallecano
12.55pm Premier Sports 1

LIVE Arsenal v Aston Villa
5pm Sky Sports Main Event & Sky Sports Premier League (kick-off 5.30pm)
Coverage of the Premier League fixture from Emirates Stadium.

LIVE Bayer Leverkusen v Borussia Mönchengladbach
5.20pm Sky Sports Football (kick-off 5.30pm)

LIVE Celtic v Kilmarnock
5.30pm Premier Sports 2 (kick-off 5.30pm)

LIVE Atalanta v Napoli
7.30pm TNT Sports 1 (kick-off 7.45pm)

LIVE Getafe v Barcelona
7.30pm ITV4 (kick-off 8pm)

LIVE Paris Saint-Germain Women v Lyon Women
8pm TNT Sports 2 (kick-off 8pm)

LIVE Wellington Phoenix Women v Newcastle Jets Women
3am TNT Sports 4 (kick-off 3am)

Sunday 19

LIVE Sydney FC Women v Central Coast Mariners Women
6am TNT Sports 3 (kick-off 6am)

LIVE Brisbane Roar Women v Adelaide United Women
7am TNT Sports 1 (kick-off 7am)

LIVE Leeds United v Sheffield Wednesday
11.10am ITV1, 11.30am Sky Sports Main Event & Sky Sports Football (kick-off 12noon)
The Championship match.

LIVE Falkirk v Raith Rovers
11.30am Premier Sports 2 (kick-off 12noon)

LIVE Everton v Tottenham
1pm Sky Sports Premier League & 2pm Sky Sports Main Event (kick-off 2pm)
Coverage of the Premier League match from Goodison Park.

LIVE PREMIER LEAGUE

Arsenal v Aston Villa

Saturday, kick-off 5.30pm, Sky Sports Main Event & Sky Sports Premier League

The Gunners have had a lengthy injury list, but can't afford to lose any more ground in the title race. Mikel Arteta's men took the points at Villa Park in August with Leandro Trossard and Thomas Partey scoring in a 2-0 victory.

LIVE CHAMPIONSHIP

Leeds United v Sheffield Wednesday

Sun, k-o 12noon, ITV1, Sky Sports Main Event & Sky Sports Football

Pacesetters Leeds won't want to drop points to their Yorkshire rivals who are targeting the play-offs. The Whites, who have welcomed Austrian defender Maximilian Wöber back from injury, are unbeaten in their last 17 Yorkshire league derbies.

LIVE PREMIER LEAGUE

Ipswich Town v Manchester City

Sunday, kick-off 4.30pm, Sky Sports Main Event & Sky Sports Premier League

Ipswich are putting up a real fight to avoid a swift return to the Championship. Striker Liam Delap has been a standout performer and could earn a place in Thomas Tuchel's first England squad in March.

LIVE Rangers v Fraserburgh
1.45pm BBC1 Scotland (kick-off 2.15pm)

LIVE FC Union Berlin v FSV Mainz 05
2.30pm Sky Sports Football (kick-off 2.30pm)

LIVE Celtic v Rangers
4pm BBC Alba (kick-off 4.10pm)
The SWPL League Cup semi-final.

LIVE Ipswich Town v Manchester City
4pm Sky Sports Main Event & Sky Sports Premier League (kick-off 4.30pm)
The Premier League encounter.

LIVE Werder Bremen v FC Augsburg
4.30pm Sky Sports Football (kick-off 4.30pm)

LIVE Valencia v Real Sociedad
5.30pm Premier Sports 1 (kick-off 5.30pm)

LIVE Manchester City v Manchester United
6.30pm Sky Sports Football & Sky Showcase, 6.45pm Sky Sports Main Event & 7.30pm Sky Sports Premier League (kick-off 6.45pm)
The WSL match at Etihad Stadium.

LIVE Inter Milan v Empoli
7.30pm TNT Sports 1 (kick-off 7.45pm)

LIVE Girona v Sevilla
7.55pm Premier Sports 1 (kick-off 8pm)

Monday 20

LIVE Macarthur FC v Wellington Phoenix
8am TNT Sports 2 (kick-off 8am)

LIVE Chelsea v Wolverhampton Wanderers
6.30pm Sky Sports Main Event & Sky Sports Premier League (kick-off 8pm)
Coverage of the Premier League match staged at Stamford Bridge.

LIVE Dundee v Dundee United
7.30pm Premier Sports 2 (kick-off 8pm)

LIVE Villarreal v Mallorca
7.55pm Premier Sports 1

Tuesday 21

LIVE Western United Women v Perth Glory Women
8am TNT Sports 1 (kick-off 6am)

LIVE Galatasaray v Dynamo Kyiv
3.15pm TNT Sports 2 (kick-off 3pm)
The Europa League match in the league phase in Istanbul. See p29.

LIVE Monaco v Aston Villa
5pm TNT Sports 1 (kick-off 5.45pm)
The Champions League match staged at Stade Louis II. See p28.

LIVE Atalanta v Sturm Graz
5.30pm TNT Sports 2 (kick-off 5.45pm)
The Champions League game.

LIVE Millwall v Cardiff City
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)

LIVE Blackburn Rovers v Coventry City
7.35pm Sky Sports+ (kick-off 7.45pm)

LIVE Club Brugge v Juventus
7.45pm TNT Sports 4 (kick-off 8pm)
The Champions League match.

LIVE Atlético Madrid v Bayer Leverkusen
7.45pm TNT Sports 2 (kick-off 8pm)
The Champions League fixture.

LIVE Benfica v Barcelona
8pm TNT Sports 1 (kick-off 8pm)
The Champions League game.

LIVE Liverpool v Lille
8pm Prime Video (kick-off 8pm)
The Champions League match in the league phase staged at Anfield.

Wednesday 22

LIVE Adelaide United v Auckland FC
8.30am TNT Sports 1

LIVE Besiktas v Athletic Bilbao
3.15pm TNT Sports 4 (kick-off 3.30pm)

LIVE RB Leipzig v Sporting Lisbon
5.30pm TNT Sports 4 (kick-off 5.45pm)
The Champions League fixture.

LIVE Paris Saint-Germain v Manchester City
7pm TNT Sports 1 (kick-off 8pm)
The Champions League game in the league phase at Parc des Princes.

LIVE Arsenal v Dinamo Zagreb
7pm TNT Sports 2 (kick-off 8pm)
Coverage of the Champions League fixture at Emirates Stadium.

LIVE Celtic v Young Boys
7pm TNT Sports 3 (kick-off 8pm)
The Champions League match.

LIVE Plymouth Argyle v Burnley
7.30pm Sky Sports Main Event & Sky Sports Football (k-o 8pm)

LIVE Leeds United v Norwich City
7.35pm Sky Sports+ (kick-off 7.45pm)
The Championship match.

Thursday 23

LIVE TSG 1899 Hoffenheim v Tottenham
5pm TNT Sports 2 (k-o 5.45pm)
The Europa League match.

LIVE AZ Alkmaar v AS Roma
5.30pm TNT Sports 3 (kick-off 5.45pm)

LIVE Wrexham v Birmingham City
7pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)

LIVE Manchester United v Rangers
7pm TNT Sports 1 (kick-off 8pm)
The Europa League match in the league phase from Old Trafford.

LIVE Eintracht Frankfurt v Ferencvaros
7.45pm TNT Sports 3 (k-o 8pm)

LIVE Lazio v Real Sociedad
8.15pm TNT Sports 2 (k-o 8pm)

Friday 24

LIVE Melbourne Victory Women v Sydney FC Women
5.45am TNT Sports 4

LIVE Melbourne Victory v Sydney FC
8.30am TNT Sports 1

LIVE Celtic v Hearts
7.15pm BBC Scotland (kick-off 7.30pm)

LIVE VfL Wolfsburg v Holstein Kiel
7.20pm Sky Sports+ (kick-off 7.30pm)

LIVE Sheffield United v Hull City
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Championship match.

LIVE Wellington Phoenix v Central Coast Mariners
4am TNT Sports 1 (kick-off 4am)

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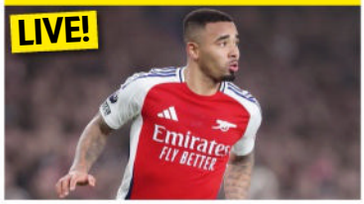
Saturday

18 January

Evening Planner

Football



Premier League
TNT Sports, Sky Sports Main Event & Sky Sports Premier League
Newcastle v Bournemouth (k-o 12.30pm) and Arsenal v Aston Villa (k-o 5.30pm).

Rugby Union

European Champions Cup
Premier Sports
The group stage concludes this weekend, with today's matches including Leinster v Bath (k-o 5.30pm) at the Aviva Stadium.

Entertainment

Gladiators
BBC1, 5.50pm
The physical challenge show returns with four contenders taking on the ruthless Gladiators in a series of brutal events.

Entertainment

Michael McIntyre's Big Show
BBC1, 6.50pm
The comedian returns with the show featuring music, comedy and pranks.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.50 Michael McIntyre's Big Show	7.50 The Weakest Link		8.35 Pointless Celebrities	9.20 Casualty		10.10 News	10.30 Match of... †
	102 BBC2	7.00 Snooker: The Masters – Live: The second semi-final						10.00 Top of the Pops: 1990 – Big Hits	
	103 ITV1	7.00 The Masked Singer			8.30 Ant & Dec's Limitless Win		9.30 North Shore	10.20 News	10.35 Billy...
	104 CHANNEL 4	7.00 Britain's Most Beautiful Road		8.00 Our Tiny Islands		9.00 Film: Moonfall			
	105 CHANNEL 5	‹ 6.00 The Great...	7.30 The King on Holiday		8.30 Bagshot Park: A Royal Residence		9.30 Kate		
	106 SKY SHOWCASE	7.00 Rob & Romesh vs Cricket: South Africa		8.00 A League of Their Own		9.00 Film: The Bourne Identity			
ENTERTAINMENT	115 BBC3	7.00 EastEnders		8.00 Top Gear		9.00 The Traitors		10.00 The Traitors...	10.30 Two Pints of...
	116 BBC4	7.00 Ulster...	7.20 All Creatures Great and Small			9.00 Crá			10.30 Parkinson
	118 ITV2	‹ 6.25 Film: Harry Potter and the Deathly Hallows: Part II				9.00 Love Island: All Stars: Unseen Bits		10.05 Family Guy	
	136 MORE4	‹ 6.55 Lake District Rescue				9.00 24 Hours in A&E			
	135 E4	7.00 The Big Bang Theory				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Coroner		10.00 Elsbeth	
	108 SKY ATLANTIC	‹ 6.55 Boardwalk Empire		8.00 Riviera				10.00 The Tattooist of Auschwitz	
	110 U&GOLD	‹ 6.50 Only Fools and Horses							10.20 Billy Connolly Does...
	111 U&DAVE	‹ 6.35 Mortimer & Whitehouse: Gone Fishing		8.00 Special Ops: To Catch a Criminal		9.00 Not Going Out	9.40 Not Going Out Christmas Special		10.35 QI XL
	119 ITV3	7.00 Midsomer Murders				9.00 Vera			
	120 ITV4	‹ 5.15 Film: Chisum	7.30 LaLiga – Live: Getafe v Barcelona (Kick-off 8.00)						10.20 English Football...
	112 COMEDY CENTRAL	7.05 Friends		8.00 Mr Bean		9.00 Lee Evans: XL Tour		10.00 Film: Tenacious D in The Pick of...	
	139 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 The Walking Dead			
	113 SKY MAX	7.00 Rob & Romesh vs Cricket: South Africa		8.00 A League of Their Own		9.00 Strike Back: Vengeance		10.00 The Walking Dead: The Ones Who Live	
	109 U&ALIBI	7.00 Father Brown		8.00 Shakespeare & Hathaway: Private Investigators				10.00 Beyond Paradise	
	130 SKY ARTS	‹ 6.40 Classic Albums	7.40 Pink Floyd: The Story of Wish You Were Here			9.00 Pink Floyd: A Technicolor Dream			
	132 U&W	7.00 Outnumbered				9.00 Gavin & Stacey			
DOCUMENTARY	125 DISCOVERY	7.00 Jade Fever		8.00 The Last Woodsmen		9.00 Sin City Tow		10.00 Mystery at Blind Frog Ranch	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Swimming with Monsters		9.00 Rugged Justice		10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 21st Century Sex Slaves	
	123 SKY HISTORY	7.00 Great Escapes with Morgan Freeman				9.00 Secrets of the Hells Angels			
	155 U&YESTERDAY	7.00 Train Truckers		8.00 The Americas with Simon Reeve				10.00 'Allo 'Allo!	
	121 SKY DOCS	7.00 Music Box				9.00 Dart Kings		10.00 Stirling	
FILMS – Sky Cinema	301 PREMIERE	‹ 6.20 Kill		8.00 Bad Boys: Ride or Die				10.00 A Quiet Place: Day One	
	302 ICONS	‹ 5.35 The Hobbit: The Battle of the Five...		8.00 Oppenheimer					
	303 HITS	‹ 6.10 The Hangover		8.00 The Hangover Part II			9.50 The Hangover Part III		
	304 GREATS	‹ 6.20 Ace Ventura Pet Detective		8.00 Ace Ventura: When Nature Calls			9.40 See No Evil, Hear No Evil		
	305 ANIMATION	7.10 Cloudy with a Chance of Meatballs 2			8.55 The Emoji Movie				10.25 Smallfoot
	306 FAMILY	‹ 5.50 Patch Adams	7.55 Pan					10.00 The NeverEnding Story	
	307 STUNTS	‹ 5.45 Fast & Furious 6		8.00 Fast & Furious 7					10.20 Fast & Furious 8
	308 COMEDY	‹ 5.40 The Holdovers		8.00 Trainwreck					10.10 The Heartbreak Kid
	309 CRIME	‹ 5.45 Miami Vice		8.00 Bad Boys II					10.30 Bad Boys...
	310 DRAMA	‹ 5.50 The Blind Side		8.00 The Shawshank Redemption					10.35 Cold...
	311 SCI-FI	‹ 5.50 Paycheck		8.00 Terminator Salvation				10.05 Vampire in Brooklyn	
	313 FILM4	‹ 6.50 Fisherman's Friends: One and All				9.00 A Few Good Men			
SPORT	401 MAIN EVENT	‹ 5.00 SNF – Live: Arsenal v Aston Villa (Kick-off 5.30)			8.30 NFL – Live: Coverage of the first Divisional play-off match				
	402 PREMIER LEAGUE	‹ 5.00 SNF – Live: Arsenal v Aston Villa (Kick-off 5.30)			8.30 Game of the Day				10.30 PL Highlights
	403 FOOTBALL	‹ 5.20 Bundesliga...	7.30 Bundesliga				9.30 EFL		
	404 CRICKET	‹ 3.00 SA20 – Live	7.30 Women's ICC...	8.00 Big Bash League				10.00 SA20	
	410 TNT SPORTS 1	7.00 UEFA Europa...	7.30 Serie A – Live: Atalanta v Napoli (Kick-off 7.45)					10.00 NBA – Live	
	411 TNT SPORTS 2	7.00 French Premiere Ligue Women		8.00 French Premiere Ligue Women – Live: Paris Saint-Germain v Lyon (Kick-off 8.00)				10.00 Women's Ashes	

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With guest Kerry Godliman. (S)
11.30 **Rick Stein's Cornwall** (S)(R)(AD)
12.00 NOON **Football Focus** (S)
1.00 PM **BBC News** (S)
1.15 LIVE **Snooker: The Masters** Hazel Irvine presents coverage of the opening semi-final from Alexandra Palace in London. (S) *Continues at 7.00pm on BBC2.* (S)
4.30 **Final Score** Results round-up. (S)
5.30 **BBC News** (S)
5.40 **Local News** (S)
5.50 NEW SERIES **Gladiators** 1/11. Bradley and Barney Walsh return with the physical challenge contest. Giant meets his match on the Duel podium, and the Atlaspheres make their long-awaited return. *See feature, page 8.* (S)(AD)

8.35 Pointless Celebrities

6.50 NEW SERIES **Michael McIntyre's Big Show** 1/6. The comedian hosts an evening of entertainment from London's Theatre Royal Drury Lane, featuring Alan Carr, Jamie Oliver, Marti Pellow, Sam Thompson and Zara McDermott. *See feature, page 12.* (S)

7.50 **The Weakest Link** New edition 8/14. Romesh Ranganathan asks questions against the clock to Aisling Bea, La Voix, Ben Bailey Smith, Anna Richardson, Samantha Kinghorn, Will Best, Jason Byrne and Jacqui Joseph. (S)

8.35 **Pointless Celebrities** New edition 7/21. With guests Curtis Pritchard, AJ Pritchard, Tom Malone, Karim Zeroual, Shanaze Reade, Oli Bell, Fern Brady and Alison Spittle. (S)

9.20 **Casualty** *Defamation:* Aaron reports Dylan to the hospital and gives Jodie an ultimatum, Jacob is shocked to see Blake at the mental health unit, and Rash receives good news. (S)(AD)

10.10 **BBC News** (S)
10.30 **Match of the Day** Gary Lineker presents today's Premier League highlights, including Brentford v Liverpool and Arsenal v Aston Villa. (S)
■ *Match of the Day 2* is on tomorrow at 10.30pm
11.40 FILM **Eastern Promises** David Cronenberg's crime thriller starring Viggo Mortensen and Naomi Watts. A London midwife gets mixed up with the Russian mafia after delivering the baby of a dying 14-year-old girl and discovering her diary. (S) (2007, 18, 95min) ★★★★
1.15 AM **Weather for the Week Ahead**
1.20 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.15 AM **Children's Programmes**
8.55 **Monty Don's British Gardens** (R)
9.55 **This Wild Life** (S)(R)
10.25 FILM **Believe** Sports drama. (S) (2013, PG, 95min) ★★★
12.00 NOON **Simply Nigella** (S)(R)(AD)
12.30 PM **Raymond Blanc's Kitchen Secrets** Fish dishes. (S)(R)(AD)
1.00 FILM **Cat on a Hot Tin Roof** Melodrama starring Paul Newman. (S)(AD) (1958, 12, 100min) ★★★★
2.40 FILM **Butch Cassidy and the Sundance Kid** Western adventure comedy starring Paul Newman and Robert Redford. (S)(AD) (1969, PG, 110min) ★★★★★
4.30 **Flog It!** From Hereford. (S)(R)
5.30 **Hidden Treasures of the National Trust** A missing masterpiece returns to its stately home after two centuries. (S)(R)(AD)

7.00 Snooker: The Masters

6.30 **Dad's Army** *Room at the Bottom:* Sergeant Wilson is put in charge of the platoon when HQ discover that Mainwaring is not a commissioned officer and must join the ranks as a private. (S)(R)

7.00 LIVE **Snooker: The Masters** Hazel Irvine presents coverage of the second semi-final at Alexandra Palace in London, played over the best of 11 frames. Ali Carter prevailed 6-3 against Mark Allen at this stage last year to reach the final for the second time in his career, but ended up ending the tournament as runner-up to Ronnie O'Sullivan. With commentary and analysis from Steve Davis, Ken Doherty, Shaun Murphy, John Parrott, Stephen Hendry and Dennis Taylor. (S)

10.00 **Top of the Pops: 1990 – Big Hits** Performers include Adamski featuring Seal, Vanilla Ice, Primal Scream, Betty Boo, Sinead O'Connor, Kylie Minogue and Tina Turner. (S)(R)

11.00 **Top of the Pops: 1999 – Biggest Hits** Performances by Britney Spears, Jennifer Lopez, Christina Aguilera and Eminem. (S)(R)
12.00 M'T **Snooker: The Masters – Extra** Extended highlights of the opening semi-final. (S)
2.00 AM **Sign Zone: Call the Midwife** 2/8. Trixie cares for a first-time mother diagnosed with a mental health condition. (S14) (S)(R)(AD)
3.00 **to 6.45** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Dancing on Ice** (S)(R)
7.30 **Love Your Weekend with Alan Titchmarsh** With Jane Asher. (S)(R)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition With David Gray. (S)
11.40 **Ainsley's Fantastic Flavours** New edition Ainsley delves into the flavours of North America. (S)
12.40 PM **James Martin's French Adventure** Charente. (S)(R)(AD)
1.15 **ITV News** (S)
1.30 LIVE **Racing** Coverage from Ascot and Haydock Park. (S)
4.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
4.30 **ITV News** (S)
4.45 **Local News** (S)
5.00 **The Chase Celebrity Special** With Melvin Odoom, Carl Fogarty, Louis Smith and Bonnie Langford. (S)(R)

9.30 North Shore

6.00 **Wheel of Fortune** New edition Graham Norton hosts the game show as a novelty shop owner, a learning and development trainer and a former GP hope to win big money prizes. (S)(AD)

7.00 **The Masked Singer** New edition 4/8. Diving star Tom Daley joins Jonathan Ross, Davina McCall, Maya Jama and Mo Gilligan on the panel as five more secret singers take the stage, before another one is unmasked. (S)(AD)

8.30 **Ant & Dec's Limitless Win** New edition More life-changing money is on offer as Ant and Dec introduce NHS matrons Karis and Tim to the Limitless Ladder, then it's husband and wife Arj and Charlotte's turn to climb the ladder. (S)(AD)
■ Continues tomorrow

9.30 **North Shore** New episode 3/6. Abigail and Simon prepare to take Sophie's body home, while evidence from an anonymous informant of Max provides a motive for murder. (S1) (S)(AD)
■ Entire series on ITVX

10.20 **ITV News** (S)
10.35 **Billy Connolly: My Absolute Pleasure** The comedian invites viewers into his home in the Florida Keys, where he shares a personal selection of his best-loved routines. (S)(R)(AD)
11.45 **English Football League Highlights** Recent action. (S)
1.00 AM **Teleshopping**
3.00 **North Shore** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Inside M&S at New Year** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.10 AM **The King of Queens** 14-16/23. (S8) (S)(R)(AD)
7.25 **Frasier** (S11 & 1) (S)(R)(AD)
10.00 **The Simpsons** (S)(R)(AD)
11.05 FILM **The Kid Who Would Be King** Fantasy adventure starring Louis Ashbourne Serkis. (S)(AD) (2019, PG, 140min) ★★★
1.25 PM FILM **The Karate Kid** Martial arts drama starring Jaden Smith and Jackie Chan. A 12-year-old American boy relocates to Beijing with his widowed mother and learns kung fu in order to protect himself from a local gang of bullies. (S)(AD) (2010, PG, 170min) ★★★
4.15 **The Great Pottery Throw Down** 2/10. The remaining potters are challenged to create a statement mantelpiece clock. (S)(R)(AD)
5.30 **News** (S)

9.00 Moonfall

6.00 **Sarah Beeny's New Life in the Country** New edition Sarah heads to Dumfries House in western Scotland to attend a tea dance in her role as an ambassador for the King's Foundation. (S)(AD)

7.00 **Britain's Most Beautiful Road** 2/4. Members of a remote community in the village of Lochinver set out to revive the much-loved tradition of the Assynt Highland Games for the first time in three years. (S)(R)

8.00 **Our Tiny Islands** 2/4. Cameras tour the tiny island of Easdale in the Inner Hebrides, Northern Ireland's largest inhabited island, Rathlin, and the Isles of Scilly. (S)(R)(AD)

9.00 FILM **Moonfall** Director Roland Emmerich's sci-fi thriller starring Patrick Wilson and Halle Berry. A mysterious force knocks the Moon from its orbit and two astronauts join forces to avert catastrophe. With John Bradley and Donald Sutherland. (S)(AD) (2022, 12, 150min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.30 FILM **Terminator Genisys** Sci-fi adventure sequel starring Arnold Schwarzenegger and Emilia Clarke. (S)(AD) (2015, 12, 135min) ★★★
1.45 AM **Ramsay's Kitchen Nightmares USA** A return visit to Amy's Baking Company. (S)(SL)(R)
2.35 **Grand Designs** (S)(SL)(R)(AD)
3.30 **Find It, Fix It, Flog It** (S)(R)
3.50 **The Simpsons** (S)(R)(AD)
5.05 **to 6.20** AM **Frasier** (S)(R)(AD)

+1 hour | 204/208 | 304 | 15 | 121

6 PM
6.50 NEW SERIES **Michael McIntyre's Big Show** 1/6. The comedian hosts an evening of entertainment from London's Theatre Royal Drury Lane, featuring Alan Carr, Jamie Oliver, Marti Pellow, Sam Thompson and Zara McDermott. *See feature, page 12.* (S)

7 PM
7.50 **The Weakest Link** New edition 8/14. Romesh Ranganathan asks questions against the clock to Aisling Bea, La Voix, Ben Bailey Smith, Anna Richardson, Samantha Kinghorn, Will Best, Jason Byrne and Jacqui Joseph. (S)

8 PM
8.35 **Pointless Celebrities** New edition 7/21. With guests Curtis Pritchard, AJ Pritchard, Tom Malone, Karim Zeroual, Shanaze Reade, Oli Bell, Fern Brady and Alison Spittle. (S)

9 PM
9.20 **Casualty** *Defamation:* Aaron reports Dylan to the hospital and gives Jodie an ultimatum, Jacob is shocked to see Blake at the mental health unit, and Rash receives good news. (S)(AD)

10 PM
10.10 **BBC News** (S)
10.30 **Match of the Day** Gary Lineker presents today's Premier League highlights, including Brentford v Liverpool and Arsenal v Aston Villa. (S)
■ *Match of the Day 2* is on tomorrow at 10.30pm
11.40 FILM **Eastern Promises** David Cronenberg's crime thriller starring Viggo Mortensen and Naomi Watts. A London midwife gets mixed up with the Russian mafia after delivering the baby of a dying 14-year-old girl and discovering her diary. (S) (2007, 18, 95min) ★★★★
1.15 AM **Weather for the Week Ahead**
1.20 **to 6.00** AM **BBC News** (S)

6.30 **Dad's Army** *Room at the Bottom:* Sergeant Wilson is put in charge of the platoon when HQ discover that Mainwaring is not a commissioned officer and must join the ranks as a private. (S)(R)

7.00 LIVE **Snooker: The Masters** Hazel Irvine presents coverage of the second semi-final at Alexandra Palace in London, played over the best of 11 frames. Ali Carter prevailed 6-3 against Mark Allen at this stage last year to reach the final for the second time in his career, but ended up ending the tournament as runner-up to Ronnie O'Sullivan. With commentary and analysis from Steve Davis, Ken Doherty, Shaun Murphy, John Parrott, Stephen Hendry and Dennis Taylor. (S)

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■ Continues tomorrow

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■ Entire series on ITVX

10.20 **ITV News** (S)
10.35 **Billy Connolly: My Absolute Pleasure** The comedian invites viewers into his home in the Florida Keys, where he shares a personal selection of his best-loved routines. (S)(R)(AD)
11.45 **English Football League Highlights** Recent action. (S)
1.00 AM **Teleshopping**
3.00 **North Shore** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Inside M&S at New Year** (S)(SL)(R)(AD)

6.00 **Sarah Beeny's New Life in the Country** New edition Sarah heads to Dumfries House in western Scotland to attend a tea dance in her role as an ambassador for the King's Foundation. (S)(AD)

7.00 **Britain's Most Beautiful Road** 2/4. Members of a remote community in the village of Lochinver set out to revive the much-loved tradition of the Assynt Highland Games for the first time in three years. (S)(R)

8.00 **Our Tiny Islands** 2/4. Cameras tour the tiny island of Easdale in the Inner Hebrides, Northern Ireland's largest inhabited island, Rathlin, and the Isles of Scilly. (S)(R)(AD)

9.00 FILM **Moonfall** Director Roland Emmerich's sci-fi thriller starring Patrick Wilson and Halle Berry. A mysterious force knocks the Moon from its orbit and two astronauts join forces to avert catastrophe. With John Bradley and Donald Sutherland. (S)(AD) (2022, 12, 150min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.30 FILM **Terminator Genisys** Sci-fi adventure sequel starring Arnold Schwarzenegger and Emilia Clarke. (S)(AD) (2015, 12, 135min) ★★★
1.45 AM **Ramsay's Kitchen Nightmares USA** A return visit to Amy's Baking Company. (S)(SL)(R)
2.35 **Grand Designs** (S)(SL)(R)(AD)
3.30 **Find It, Fix It, Flog It** (S)(R)
3.50 **The Simpsons** (S)(R)(AD)
5.05 **to 6.20** AM **Frasier** (S)(R)(AD)

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.05 **Entertainment News** (S)
9.10 **Winter Road Rescue** (S)(R)
9.40 **Cruising with Jane McDonald** Double bill of editions. (S)(R)
11.30 **The Weekend Travel Show** New edition Kym Marsh and Richard Arnold explore exciting holiday destinations. (S)
1.00 PM **You Are What You Eat** Double bill of editions. (S)(R)
3.00 **Happy Campers: The Caravan Park** A heavy storm hits Tencreek holiday park. (S)(R) **4.00** A flash flood causes chaos in the kitchen. (S)(R)
5.00 **Only Fools and Horses: Secrets & Scandals** Stories of how the show was made. (S)(R)
5.55 **News** (S)

9.30 Kate

6.00 **The Great Flood of 1968** A look at one of Britain's worst floods, which hit the south-west of the UK in July 1968, featuring contributions from survivors who were trapped in their homes. Plus, an officer-turned-hero shares his story for the first time. (S)(R)

7.30 **The King on Holiday** Documentary looking at what the Royal Family do to relax, revealing favourite places to stay and exploring how their holidays have changed through the decades. (S)(R)

8.30 **NEW Bagshot Park: A Royal Residence** A look at the royal residence in Surrey, which lies just 10 miles from Windsor Castle and is the current home of the Duke and Duchess of Edinburgh. (S)

9.30 **Kate** Series finale 2/2. The documentary about the Princess of Wales explores the aftermath of Harry and Meghan's split from the Royal Family, and Kate's personal health problems. (S)

11.00 **When Classic TV Goes Horribly Wrong** (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Rich House, Poor House** (S)(R)
3.50 **Royal Brides: Diana to Meghan** The organisation of a royal wedding. (S)(R)
4.40 **Divine Designs** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Boosnoo! Mega Mashups**
6.30 **My Little Pony: Friendship is Magic** (S)(R)
6.55 **Where's Wally** (S)(R)
7.45 **Ultimate Magic Skills** (S)(R)
8.05 **Monkey Life** (S)(R)(AD)
9.00 **Macaque Island** (S)(R)
12.00 NOON **The Simpsons** Six episodes, including at: **2.00** PM *Fraudcast News:* Reports of Mr Burns's death provoke a media storm. (S)(R) **2.30** *Homer the Whopper:* Homer is cast as the lead in a superhero movie. (S)(R)
3.00 **Gillette Labs Soccer Saturday** Up-to-the-minute scores.
5.00 **Rust Valley Restorers** Mike enlists his buddy Dave to help him rid the Field of Dreams of a junk-stuffed school bus. (S)(R)

11.10 Dart Kings

6.00 **Dictators' Hideouts** The story of Albanian dictator Enver Hoxha, who led his nation from 1944 until 1985, and authorised the construction of hundreds of thousands of bunkers. (S)(R)

7.00 **Rob & Romesh vs Cricket: South Africa** 3/4. Rob and Romesh go to Cape Town to see England play a Test match, and get a lesson from former captain Kevin Pietersen. (S)(R)(AD)

8.00 **A League of Their Own** Romesh Ranganathan hosts the comedy quiz as Luke Littler, Tom Davis and Alex Brooker join regulars Jamie Redknapp, Micah Richards and Jill Scott. (R)

9.00 **FILM The Bourne Identity** Spy thriller based on the novel by Robert Ludlum, starring Matt Damon as an amnesiac man who learns that he is a highly trained assassin with deadly enemies. With Franka Potente, Chris Cooper, Clive Owen and Brian Cox. (S) (2002, 12, 119min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.10 **Dart Kings** 3/3. One of the sport's greatest players, Phil 'The Power' Taylor. (S)(R)(AD)
12.10 AM **From** 1/10. Return of the sci-fi horror. Boyd feels the town slipping away from him. (S)(R) **1.15** 2/10. Tabitha finds help from an unlikely ally. (S3) (S)(R)
2.25 **The Office (US)** (S6) (S)(R)
3.15 **Road Wars** (S)(R)
4.05 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
4.30-5.30pm Sportscene: Open All Mics (S) **10.30** Sportscene: Scottish Cup Highlights (S)(R) **11.45** Match of the Day (S) **12.55am FILM** Eastern Promises (S)(AD) (2007, 18, 95min) ★★★★ **2.30** Weather for the Week Ahead **2.35-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
5.30pm True North: The Social Knitwork (S)(R) **6.00-6.30pm** Anna Haugh's Big Irish Food Tour (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Eryri: Pobol y Parc **11.00** Dau Gi Bach (AD) **11.30** Cwpwrdd Epic Chris **12.00noon** Codi Pac **12.30pm** Teulu'r Castell **1.30** Y Ci Perffaith **2.00** Sain Ffagan (AD) **2.30** Hen Dy Newydd (AD) **3.30** Taith Bywyd (AD) **4.25** Ffasiwn Drefn (AD) **4.50** Sgwrs Dan y Lloer **5.15** LIVE Clwb Rygbi **7.40** Newyddion a Chwaraeon **8.00** Noson Lawen New edition **9.00** Clwb Rygbi **10.45-11.50pm** Alun, Chris a Kiri yn Seland Newydd

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Phil clashes with Denise at Raymond's birthday party. **7.30** Ravi takes control of an explosive situation.
8.00 **Top Gear** Presenters Chris Harris and Matt LeBlanc compete in a race across the Arabian peninsula.
9.00 **The Traitors** 7/12. The Faithful rush to gain some clarity that could give them a fresh perspective for the Round Table.
10.00 **The Traitors: Uncloaked** 7/12. Ed Gamble and his guests discuss developments.
10.30 **Two Pints of Lager and a Packet of Crisps** 11/14. Jonny feels neglected. **11.00** 12/14. Louise has a religious experience. **11.30** 13/14. Gaz is forced to confront his worst fear. (S5)
12.00 M'T **Ballers: Ball or Nothing** Double bill.
1.00 AM **Top Gear**
2.00 **Dubai Hustle**
2.30 **to 4.00** AM **Two Pints of Lager and a Packet of Crisps**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Ulster in Focus** Celebrating the culture and history of the Antrim Glens.
7.20 **All Creatures Great and Small** *Fair Means and Fowl:* The vets face a lawsuit. **8.10** *The Beauty of the Beast:* Siegfried deals with a miserly scrap merchant.
9.00 **Crá** New episodes 3/6. While the investigation puts Conall firmly in the frame for his mother's murder, Conall follows a lead involving his college friends. **9.45** 4/6. Members of the community gather to watch a crime reconstruction on television. The programme unearths a new prime suspect – a pillar of the community. Subtitled. (S1)
10.30 **Parkinson** With Rod Stewart, Tamzin Outhwaite and Maureen Lipman.
11.30 **The US and the Holocaust** Documentary.
1.35 AM **All Creatures Great and Small** Double bill.
3.15 **to 3.35** AM **Ulster in Focus**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **George Clarke's Amazing Spaces**
9.55 **Ugly House to Lovely House with George Clarke**
11.00 **Four in a Bed**
1.40 PM **Come Dine with Me** Five editions of the culinary contest from Gloucestershire.
4.15 **Four in a Bed** The contest begins at BnB at 43 in Richmond, North Yorkshire. **4.50** The competition heads to Sutton Park in Blackpool. **5.20** From Tottington Manor in Edburton, West Sussex.
5.50 **Four in a Bed** A visit to Flynn's Pub and Guesthouse in Hackney, east London. **6.20** The B&B owners meet up one last time.
6.55 **Lake District Rescue** A man suffers a badly broken leg on the Corridor Route to Scafell Pike. **7.55** The Coniston Mountain Team are summoned to help a paraglider.
9.00 **24 Hours in A&E** A 78-year-old man has difficulty breathing after breaking several ribs. **10.00** A 69-year-old man is rushed in with severe leg pain and a pale foot.
11.05 **Emergency Helicopter Medics** Documentary.
12.10 AM **999: On the Front Line** Medical documentary.
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Modern Family**
6.25 **Lego Masters Australia**
7.35 **FILM The Cat in the Hat** Fantasy starring Mike Myers. (2003, PG, 82min) ★★★★
9.15 **Ramsay's Kitchen Nightmares USA**
1.20 PM **Modern Family**
3.25 **FILM Kindergarten Cop** Comedy thriller starring Arnold Schwarzenegger as a macho police detective who goes undercover disguised as a playschool teacher. (1990, 15, 111min) ★★★
5.35 **The Big Bang Theory** Seven episodes, including at: **7.30** 3/23. Sheldon tries to modify Penny's behaviour. **8.00** 4/23. Raj faces being sent back to India. **8.30** 5/23. Leonard asks Penny to set Howard up with one of her friends. (S3)
9.00 **Celebrity Gogglebox** Famous faces appraise *Hijack, Five Star Kitchen: Britain's Next Great Chef* and *Saving Giraffes: The Long Journey Home.*
10.00 **Gogglebox** Opinions on *Banged Up: Stars Behind Bars, Planet Earth* and *The Curse of Robert the Doll.* **11.05** *The Crown, The Good Ship Murder* and *Survivor* are appraised.
12.10 AM **First Dates**
2.20 **Gogglebox**
4.10 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

Saturday primetime primetime

SATURDAY Entertainment

Saturday

Sky Witness

107 807 110 341 356

6.00 AM **Brit Cops: Law & Disorder**
8.00 **Motorway Patrol**
9.00 **Highway Patrol**
10.00 **Border Patrol**
12.00 NOON **Border Security: Canada's Front Line** Four editions, including at: **1.00** PM A freighter is carrying an illegal passenger. **1.30** Border patrol officers question an IT consultant.
2.00 **Nothing to Declare** Ten editions of the documentary series following the work of customs officers in Australia.

11.00 Chicago Fire

7 PM
7.00 **Nothing to Declare** A couple's travel itinerary raises alarm bells. **7.30** A drug dog takes an interest in a bag.

8 PM
8.00 **Nothing to Declare** Officers question a Vietnamese man. **8.30** A man is caught out by the drug detector dog.

9 PM
9.00 **Coroner** *Our Home On Native Land:* 9/12. Jenny and Donovan investigate a death in Toronto's homeless community. (S4)

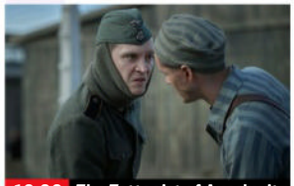
10 PM
10.00 **Elsbeth** *A Classic New York Character:* 2/10. The president of a luxury building falls off her balcony to her death. (S1)
11.00 **Chicago Fire** 10/22. Violet vows to take Emma down. (S11)
12.00 M'T **The Equalizer** 9/10. A wife reports her husband's involvement in a bombing. (S1)
1.00 AM **For Life** 3/13. (S1)
2.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town** Triple bill.
9.10 **The Sopranos** 3–7/13. (S4)
2.45 PM **Boardwalk Empire** 9/12. Chalky asks Nucky for permission to kill Narcisse. **3.45** 10/12. Sally informs Nucky when she witnesses heroin being smuggled in his rum shipments. **4.45** 11/12. Chalky takes Daughter to the home of his mentor Oscar Boneau. **5.50** 12/12. Harrow's attempt on Narcisse's life goes tragically wrong. (S4)


10.00 The Tattooist of Auschwitz

7 PM
6.55 **Boardwalk Empire** *Golden Days for Boys and Girls:* 1/8. Nucky looks to the future as the end of Prohibition looms. (S5)

8 PM
8.00 **Riviera** 7/10. Georgina learns the truth, and Nico drops a bombshell which could to send shockwaves through the Elthams.

9 PM
9.00 **Riviera** 8/10. Georgina is forced to reveal a dark and difficult truth as she tries to protect the empire from Nico. (S2)

10 PM
10.00 **The Tattooist of Auschwitz** 3/6. Lali strives to get medicine for Gita as her condition continues to deteriorate. (S1)
11.05 **Game of Thrones** 6/10. Ned investigates rumours about the Lannisters. **12.10** AM 7/10. Jon Snow waits to make his vows to the Night's Watch. (S1)
1.20 **Game of Thrones** (S1)
4.50 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Supergirl** 4&5/20. (S6)
8.00 **Grimm** 1–4/22. (S1)
12.00 NOON **Magnum P.I.** Five episodes, including at: **3.00** PM 18/20. Thomas and Higgins are hired to investigate a university professor. **4.00** 19/20. Thomas and Higgins re-examine a fatal arson investigation. (S5)
5.00 **FILM Stargate: Continuum** Sci-fi adventure spin-off with Ben Browder. Earth's history is altered by a malevolent alien. (2008, PG, 99min) ★★

10.00 TWD: The Ones Who Live

7 PM
7.00 **Rob & Romesh vs Cricket: South Africa** Rob and Romesh head to Cape Town to watch England play a Test match.

8 PM
8.00 **A League of Their Own** Romesh Ranganathan hosts the quiz, with guests Luke Littler, Tom Davis and Alex Brooker.

9 PM
9.00 **Strike Back: Vengeance** 3/10. Stonebridge undergoes a psychiatric assessment in order to rejoin Section 20. (S3)

10 PM
10.00 **The Walking Dead: The Ones Who Live** *Years:* 1/6. Rick Grimes accepts an offer to join the CRM. (S1)
11.05 **Warrior** 5/10. Ah Sahm and Hong race to free Young Jun before he is sent to China. (S3)
12.10 AM **From** 1/10. Boyd feels the town slipping away from him. **1.15** 2/10. Tabitha finds help from an unlikely ally. (S3)
2.25 **The Force: Manchester**
3.30 **Road Wars**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.05 **Secret Crush**
10.00 **Ant & Dec's Limitless Win**
11.00 **The Masked Singer**
12.30 PM **FILM Harry Potter and the Half-Blood Prince** Fantasy adventure sequel starring Daniel Radcliffe. (2009, 12, 153min) ★★★★★
3.35 **FILM Harry Potter and the Deathly Hallows: Part I** Fantasy adventure sequel. (2010, 12, 146min) ★★★★

6.25 ...Deathly Hallows: Part II

7 PM
6.25 **FILM Harry Potter and the Deathly Hallows: Part II** Fantasy adventure sequel starring Daniel Radcliffe. Harry, Hermione and Ron race to find the last remaining fragments of Voldemort's soul in order to defeat him. (2011, 12, 130min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9 PM
9.00 **Love Island: All Stars: Unseen Bits** New edition Iain Stirling presents the best unaired bits from the first week in the villa.

10 PM
10.05 **Family Guy** 15/20. Meg becomes a getaway driver. **10.35** 16/20. Lois gets addicted to painkillers prescribed to Brian. (S20)
11.05 **Family Guy** 9/20. (S20)
11.30 **American Dad!** (S17)
12.30 AM **The Sex Lives of College Girls** 1–3/10. (S2)
2.10 **CelebAbility**
2.50 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Bless This House**
6.30 **Inspector Morse**
11.00 **The Durrells** Double bill.
1.00 PM **A Touch of Frost** *Keys to the Car:* A stolen car is found with a body in the boot.
3.00 **Agatha Christie's Marple** *The Murder at the Vicarage:* An unpopular colonel is found dead in the vicarage.
5.00 **Midsomer Murders** *Blood on the Saddle:* A land dispute leads to murder during a cowboy fair. Guest stars Kenneth Cranham.

5.00 Midsomer Murders

7 PM
7.00 **Midsomer Murders** *The Made-to-Measure Murders:* Barnaby and Jones investigate when a woman is stabbed to death in a churchyard two years after the death of her husband. Guest stars James Wilby.

8 PM

9 PM
9.00 **Vera** *The Crow Trap:* A murder at a remote cottage takes DCI Vera Stanhope back to a place full of childhood memories and reminds her of an unsolved case from earlier in her career.

10 PM
11.00 **Shetland** 5&6/6. (S4)
1.10 AM **Joanna Lumley's Home Sweet Home – Travels in My Own Land** The actor travels to the Outer Hebrides.
2.10 **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Money for Nothing** Items include a suitcase and a painter's table.
8.00 **Grand Tours of Scotland's Lochs** Paul Murton discovers a forgotten World War One German prison camp.
9.00 **Pitch Invasion: How the Scottish and Irish Changed Football** 2/3. How Scottish players brought aggression and physicality to the English game.
10.00 **Mrs Brown's Boys** 2/6. Agnes worries her family are too secretive. (S1)
10.30 **Two Doors Down** 2/6. The Bairds host an impromptu party. (S2)
11.00 **Scot Squad** 1/5. Squire and McGill go undercover. (S7)
11.30 PM **to 12.00** M'T **T in the Park: Best Bits**

Sky Comedy

114/115 814 112 347 362

8.00 AM **The Conners**
9.50 **Silicon Valley** (S2)
12.50 PM **Entourage** (S4)
3.30 **Ballers** 1–5/10. (S2)
6.30 **The Office (US)** Five episodes, including at: **7.30** 5/26. Pam deals with an embarrassing injury for Andy the night before her wedding. **8.00** 6/26. Kevin inadvertently ruins Jim's honeymoon with Pam. **8.30** 7/26. Pam returns from honeymooning to discover Michael is dating her mother. (S6)
9.00 **Entourage** 3/12. Vince agrees to make an appearance at a party. **9.35** 4/12. Ari shows interest in Eric's script prompting the writers to raise their price. (S5)
10.10 **Rosie Molloy Gives Up Everything** 3&4/6. (S1)
11.10 **Black Monday** (S3)
12.30 AM **In the Long Run**
1.40 **Enlightened** (S2)
3.00 **to 5.00** AM **Betty**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Classic FM Live: A Film Music Spectacular**
8.00 **Tales of the Unexpected**
10.35 **Alfred Hitchcock Hour**
12.35 PM **FILM Sherlock Holmes Faces Death** Mystery. (1943, b/w) ★★
1.55 **FILM Spinout** Musical. (1966, U, 89min) ★
3.45 **Elvis: Tortured Soul**
5.20 **David Gilmour: Live at Pompeii**
6.40 **Classic Albums**
7.40 **Pink Floyd: The Story of Wish You Were Here**
9.00 **Pink Floyd: A Technicolor Dream**
11.00 **Have You Got It Yet? The Story of Syd Barrett and Pink Floyd**
12.45 AM **Genesis: Three Sides Live**
2.35 **Brad Mehldau Plays The Beatles**
3.45 **Queen + Adam Lambert: Isle of Wight Festival Greatest Hits**
4.00 **Greatest Albums Live**
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 135 11 141

6.00 AM **Nothing to Declare**
8.00 **Madagascar: A Little Wild** Animation.
8.25 **Alvinnn!!! and the Chipmunks** Double bill.
8.50 **Critters TV**
9.00 **Nothing to Declare**
11.00 **Highway Cops**
11.30 **Monkey Life**
2.00 PM **Wildlife ER**
3.00 **Wildlife Rescue New Zealand** Documentary.
4.00 **Dogs: An Amazing Animal Family**
5.00 **Patrick Aryee's Wild World** Sea turtles.
6.00 **Predators**
7.00 **Shark with Steve Backshall** The sharks of the Pacific Ocean.
8.00 **Caught on Dashcam**
9.00 **Frontline Crime UK**
10.00 **Sex and the City** (S1)
12.00 M'T **Caught on Dashcam**
1.00 AM **Brit Cops: Rapid Response** Documentary.
2.00 **Nothing to Declare**
4.00 **to 6.00** AM **Highway Patrol**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **The Real Housewives of Jersey** Reality series.
9.10 **John and Lisa's Food Trip Down Under**
10.10 **Scott's Vacation House Rules** Triple bill.
1.05 PM **Project Bakeover**
4.00 **Big Bake: Halloween**
6.00 **Celebrity Dinner Date** With DJ and former *TOWIE* star Charlie King. **7.00** With *Love Island* stars Jack Fincham and Anton Danyluk.
9.00 **FILM The Stepford Wives** Comedy remake of the chiller, starring Nicole Kidman. (2004, 12, 93min) ★★★
10.55 **Kavos Weekender**
11.55 **The Real Housewives of Miami** Reality series.
12.55 AM **Buying the View**
1.20 **Unwind**
1.30 **Teleshopping**
3.30 **to 6.00** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Highway to Heaven**
1.00 PM **Highway to Heaven** Eight episodes of the drama, including at: **7.00** *A Mother and a Daughter:* 18/25. Jonathan is given the chance to return to Heaven if he completes one last assignment. **8.00** *Normal People:* 19/25. Jonathan and Mark help former mental patients. (S3)
9.00 **Murder Most Medieval: Garage Sale Mystery** Drama starring Lori Loughlin and Steve Bacic.
10.55 **Murder by Text: Garage Sale Mystery** Drama starring Lori Loughlin and Steve Bacic.
12.50 AM **The New Avengers**
3.00 **Randall and Hopkirk (Deceased)** 18/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Snooker v Darts**
6.10 **Cadfael**
7.50 **The Adventures of Sherlock Holmes** Murder mystery.
9.00 **Leaders of the Pack**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.25 **Dramatic Finishes**
11.30 **ITV Football Classics**
12.35 PM **FILM The Way West** Western starring Kirk Douglas. (1967, PG, 122min) ★★
3.00 **Sharpe** 1/3. (S2)
5.15 **FILM Chisum** Western. (1970, PG, 110min) ★★

5.15 Chisum

7.30 **LIVE Football: LaLiga** Getafe v Barcelona: The Spanish top-flight match held at Estadio Coliseum. Barca endured a dip in form last month, but are still battling it out for the title with Atlético and Real Madrid, while tonight's hosts are looking to avoid relegation. Kick-off is at 8.00.

10.20 **English Football League Highlights** Recent EFL action, including Sheffield United v Norwich City.
11.50 **ITV Football Classics**
12.50 AM **Minder**
1.50 **Auto Mundial**
2.15 **Motorsport Mundial**
2.40 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **The Protectors**
4.00 **to 5.00** AM **Highlights**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** (S2&S3)
4.00 PM **Star Trek: Voyager** 11/16. A Kazon warship is crippled in an accident caused by Federation technology. **5.00** 12/16. The Doctor is the only one left unaffected when an alien life form transforms the crew into pure energy. **6.00** 13/16. An assault on a shuttle leaves Chakotay fighting for his life. (S1)

9.00 The Walking Dead

7.00 **Star Trek: Voyager** *Faces:* 14/16. The Vedeans subject B'Elanna Torres to a series of genetic experiments.

8.00 **Star Trek: Voyager** *Jetrel:* 15/16. Neelix's arch-enemy arrives on the ship with some distressing news. (S1)

9.00 **The Walking Dead** *TS-19:* 6/6. Rick and his friends are allowed to enter the CDC. (S1) **9.55** *What Lies Ahead:* 1/13. The group head to a military base after narrowly avoiding an explosion. (S2)

11.05 **The Walking Dead** 2/13. Carl fights for his life. **12.00** M'T 3/13. Daryl and Andrea search for Sophia. **1.00** AM 4/13. Lori suspects she may be pregnant. (S2)
2.00 **FILM 2-Headed Shark Attack** Action horror starring Carmen Electra. (2012, 15, 88min) ★★
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
10.00 **Hudson & Rex** 13-16/20. (S5)
2.00 PM **Inspector George Gently** *The Burning Man:* A burnt body is found near an RAF base.
4.00 **Father Brown** *The Wheels of Wrath:* A group of bikers cause outrage and excitement in Kembleford. **5.00** *The Serpent Within:* Sullivan is arrested for receiving stolen goods. **6.00** *The Kembleston Olimpicks:* A Kembleston Olimpicks competitor is killed.

8.00 Shakespeare & Hathaway

7.00 **Father Brown** *The Forensic Nun:* Sister Boniface finds herself implicated in the murder of a renowned artist.

8.00 **Shakespeare & Hathaway: Private Investigators** 1/10. Frank encounters an old enemy. Guest stars Jim Moir.

9.00 **Shakespeare & Hathaway: Private Investigators** 2/10. A rock star thinks the Devil is trying to kill him. (S3)

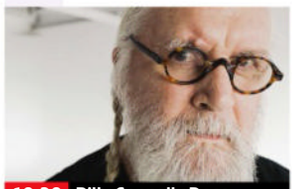
10.00 **Beyond Paradise** 2/6. Humphrey investigates a case involving the sudden disappearance of an entire family. (S1)
11.00 **Alaska Daily** 2/11. Roz and Eileen find a lead. (S1)
12.00 M'T **Evil** 2/10. David is recruited by LeConte, an agent of the 'Entity'. (S3)
1.00 AM **The Diplomat** 1/6. (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.00 AM **Open All Hours**
7.45 **The Two Ronnies**
9.40 **Only Fools and Horses**
1.05 PM **Only Fools and Horses** Del Boy is invited to a school reunion at the Nag's Head. **2.10** Uncle Albert falls victim to muggers, so Del Boy takes the law into his own hands. **3.15** The Trotters prepare for Raquel to give birth. **4.20** As shown at 9.00pm. **5.40** Del seizes the chance to enter the hi-tech world of satellite communications.


10.20 Billy Connolly Does...

6.50 **Only Fools and Horses** An audition gives Raquel the chance to get out of Nelson Mandela House. **7.55** Del Boy becomes a showbiz entrepreneur after discovering a sensational Tom Jones-style singer at a local club. Guest stars Philip Pope.

9.00 **Only Fools and Horses** The council reject Del's application for a home improvement grant, but his spirits are raised when he hears about a fancy-dress party across town.
10.20 **Billy Connolly Does...** Billy reveals all the things he loves about showbiz.

11.20 **Bottom: Hooligans Island Live 1997** Stage version of the comedy show starring Adrian Edmondson and Rik Mayall. Flatmates Eddie and Richie are marooned on an island.
1.35 AM **Inside No 9** Double bill.
2.55 **to 4.00** AM **Toast of London**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Survivor South Africa**
8.00 **Extreme Salvage Squad**
10.00 **Train Truckers**
12.00 NOON **Eddie Eats America**
1.00 PM **Storage Hunters UK**
1.30 **Speed with Guy Martin**
3.00 **Robson's Extreme Fishing Challenge** Double bill.
5.00 **Caribbean with Simon Reeve** Simon visits Nicaragua, Honduras and Jamaica.
6.00 **Mortimer & Whitehouse: Gone Fishing** From Devon. **6.35** The duo travel to the Crogen Estate in north Wales.

6.00 Mortimer & Whitehouse

7.20 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob visit the Scottish Highlands.

8.00 **Special Ops: To Catch a Criminal** A gunfight in suburban Kent leads to a high-pressure race to hunt down the perpetrators.

9.00 **Not Going Out** Lee and Lucy ponder whether to have another child. **9.40** The 2017 Christmas special. Lee faces a desperate search for a Christmas present.
10.35 **QI XL** With panellists Rosie Jones, Ahir Shah and Henning Wehn.

11.35 **Have I Got a Bit More News for You** Damian Lewis hosts. **12.35** AM Adil Ray hosts the satirical current affairs quiz.
1.35 **Survivor South Africa**
2.40 **Not Going Out** As 9.40pm.
3.25 **to 4.00** AM **Travel Man: 48 Hours in Madrid**

+1 hour 211/212 327 74

Saturday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **A New Life in the Sun** Four editions.
1.00 PM **A New Life in the Sun** Seven editions of the series, including at: **6.00** A man from south London wants a home on the Costa Blanca. **7.00** Jasmine Harman jets off to the seaside town of Sitges in Spain.
8.00 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer help Aneri and Nihar decide whether to stay put or to start fresh.
9.00 **Grand Designs** A North Lincolnshire man plans to build a four-bedroom home in his garden.
10.00 **8 Out of 10 Cats Does Countdown**
12.05 AM **Celebrity Gogglebox**
1.10 **The Big Fat Quiz of Everything 2025**
3.10 **Taskmasterclass**
4.10 **to 4.40** AM **Food Unwrapped**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S4&5)
1.05 PM **NCIS** Eight episodes of the series, including at: **6.00** *Hiatus – Part One:* 23/24. Gibbs is injured in an explosion. **7.00** *Hiatus – Part Two:* 24/24. Gibbs emerges from his coma suffering from amnesia. **8.00** *The Voyeur's Web:* 6/24. A woman's murder is shown live online. (S3)
9.00 **Criminal Minds** *The Forever People:* 11/23. The discovery of frozen bodies leads the team to a dangerous cult. **10.00** *Anonymous:* 12/23. The team hunt for a killer who reports his crimes before he commits them. (S10)
11.00 **Law & Order: Special Victims Unit** (S12)
2.50 AM **NCIS** 21/25. (S6)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Entertainment News**
8.05 **Dirty Home Rescue**
11.15 **Nightmare Tenants, Slum Landlords**
4.15 PM **FILM Contact** Sci-fi drama starring Jodie Foster and Matthew McConaughey. (1997, PG, 149min) ★★★
7.10 **FILM The Time Machine** Sci-fi action adventure starring Guy Pearce, Jeremy Irons and Samantha Mumba. (2002, PG, 96min) ★★
9.00 **FILM American Gangster** Director Ridley Scott's fact-based crime drama starring Denzel Washington and Russell Crowe. (2007, 18, 157min) ★★★★
12.05 AM **FILM Home of the Brave** Wartime drama starring Samuel L Jackson and Jessica Biel. (2006, 15, 105min) ★★
2.15 **to 4.00** AM **Skin A&E**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Trucking Hell**
11.00 **Police Interceptors**
3.00 PM **Winter Road Rescue**
4.00 **Extreme Winter Road Rescue** Documentary.
5.00 **FILM The Gunfight at Dodge City** Western starring Joel McCrea. (1958, PG, 81min) ★★★
6.45 **FILM Two Mules for Sister Sara** Comedy Western starring Clint Eastwood. (1969, 15, 114min) ★★★
9.00 **FILM Hang 'Em High** Revenge Western starring Clint Eastwood. A cowboy hunts down the lynch mob that tried to kill him. (1967, 18, 114min) ★★★★
11.25 **FILM Death Wish** Thriller remake starring Bruce Willis. (2018, 18, 107min) ★★★
1.35 AM **Big Road Rescue: Emergency Call Out**
2.35 **Trucking Hell**
3.30 **to 4.00** AM **Car Pound Cops**

U&W

132/133 827 125 25 156

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **My Family**
5.00 **Outnumbered** Six episodes, including at: **6.20** Crossed lines of communication cause trouble for the family. **7.00** Karen looks for her escaped hamster. **7.40** The children cause chaos when Sue loses her car keys. **8.20** Ben develops his talent for lying
9.00 **Gavin & Stacey** The happy couple return from their honeymoon. **9.35** Stacey prepares to move in with Gavin. **10.20** Stacey find it difficult to adjust to life as an 'Essex wife'.
11.00 **Chewing Gum**
12.00 M'T **Stacey Dooley Sleeps Over**
1.00 **to 3.00** AM **MasterChef Canada**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **Pie in the Sky**
2.00 PM **Kingdom**
3.00 **Father Brown**
5.00 **The Brokenwood Mysteries** *The Garotte and the Vinklebraun:* 1/6. Mike and his team look into the murder of the host of a hit TV series. **7.00** *The Witches of Brokenwood:* 2/6. The Brokenwood Health Retreat becomes unhealthy for one unfortunate visitor. (S7)
9.00 **Miss Marple** *Murder at the Vicarage:* A colonel is found dead in the vicarage of St Mary Mead and investigations reveal numerous suspects.
11.05 **The Miniaturist** 1/3. Drama starring Anya Taylor-Joy. (S1)
12.20 AM **The Heart Guy**
1.20 **Birds of a Feather**
2.00 **to 4.00** AM **Darby and Joan**

+1 hour 243 316 60

SATURDAY Entertainment

Really
142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Norfolk.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **The Yorkshire Auction House** Triple bill.
1.00 PM **Antiques Road Trip**
6.00 **Alex Polizzi: The Fixer** Alex heads to a struggling events company in Wakefield. **7.30** A struggling pet shop in Wimbledon.
9.00 **The Repair Shop** A musical instrument, a rusted paraffin lamp and a music box are restored. **10.00** Restoring a Royal Australian Air Force hat. **11.00** The experts restore a midwifery bag, a cherished painting and a World War One brooch.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge
145 139 48 142

7.00 AM **The Chase**
9.00 **Bruce's Price Is Right**
10.00 **Dale's Supermarket Sweep** Double bill.
11.00 **All Star Family Fortunes** Triple bill.
1.00 PM **Cash Trapped**
3.00 **The Chase Celebrity Special** Mark Billingham, Aldo Zilli, Lucy Pargeter and Joey Essex compete. **4.00** Gregg Wallace, Denise Lewis, Mark Pougatch and Gina Yashere take part. **5.00** With Sam Quek, Basil Brush, Andi Peters and Charlie Higson.
6.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
9.00 **The Family Chase** The Setchell family from Staffordshire compete.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Ten editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action
323 426 42

8.10 AM **Wild West Chronicles** Western.
8.40 FILM **Bitter Victory** Wartime drama. (1957, b/w, PG, 101 min) ★★
10.55 FILM **The Quick and the Dead** Drama. (1963, 92min) ★★
1.00 PM FILM **Four Fast Guns** Western. (1960, b/w, U, 72min) ★★
2.40 FILM **Gunfighters** Western. (1947, PG) ★★
4.40 FILM **The Walking Hills** Western. (1949, b/w, PG, 78min) ★★
6.25 FILM **North to Alaska** Western adventure. (1960, U, 122min) ★★★
9.00 FILM **12 Rounds** Thriller. (2009, 12, 103min) ★★
11.10 FILM **Blowback** Thriller. (2022, 15, 93min) ★★
1.20 AM FILM **Earthstorm** Sci-fi action thriller. (2006, PG, 90min) ★★
3.20 **to 5.00** AM **Wild West Chronicles**
+1 hour 324

GREAT! movies
321 425 34

9.00 AM FILM **Past Sins** Thriller. (2006, 12) ★★
10.50 FILM **Lost Letter Mysteries for Christmas** Drama. (2014, PG) ★★
12.45 PM FILM **Lost Letter Mysteries: From Paris with Love** Drama. (2015, PG, 85min) ★★
2.40 FILM **Lost Letter Mysteries: Truth Be Told** Crime drama. (2015, PG, 85min) ★★
4.35 FILM **The Double** Thriller. (2011, 12, 94min) ★★
6.35 FILM **Battle: Los Angeles** Adventure. (2011, 12, 116min) ★★★
9.00 FILM **Catch Me If You Can** Adventure. (2002, 12, 141 min) ★★★★★
11.55 FILM **Baby Driver** Action thriller. (2017, 15, 113min) ★★★★
2.30 AM **Air Rescue**
4.00 **to 6.00** AM FILM **The Killer Trainer** Thriller. (2018, 12, 90min) ★★
+1 hour 322

GREAT! romance
319 424 52

8.10 AM FILM **Wedding Season** Comedy. (2023, U, 84min) ★★
10.05 FILM **Hello, It's Me** Drama. (2015, PG) ★★
12.00 NOON FILM **A Country Romance** Drama. (2021, PG, 83min) ★★
1.55 PM FILM **Sweet Home Carolina** Romance. (2017, PG, 84min) ★★
3.50 FILM **Mid-Love Crisis** Drama. (2022, PG) ★★
5.45 FILM **Starting Up Love** Romantic comedy. (2019, PG, 77min) ★★
7.35 FILM **Bottled with Love** Drama. (2019, PG) ★★
9.30 FILM **Truly, Madly, Sweetly** Romantic drama. (2018, PG, 82min) ★★
11.35 FILM **Cooking with Love** Romantic comedy. (2018, PG, 90min) ★★
1.40 AM **Highway to Heaven**
2.50 **to 5.00** AM FILM **Walking the Dog** Comedy. (2017, PG) ★★
+1 hour 320 63

Rewind TV
182 95

6.00 AM **Huckleberry Finn and His Friends** (S1)
8.30 **Monkey** 4/26. (S1)
9.30 **Bewitched** 36/36. (S1)
10.00 **I Dream of Jeannie**
10.30 **Fantasy Island** (S1)
11.30 **Blue Thunder**
1.30 PM **Watching** (S4)
4.00 **Bubblegum & Cheese**
5.00 **Stereo Underground**
6.00 **Bewitched** 36/36. (S1)
6.30 **I Dream of Jeannie** (S1)
7.00 **Mitch** 6/10. (S1)
8.00 **Bust** 2/6. (S1)
9.00 **The Mrs Merton Show**
9.35 **Married... with Children** 9/13. Peggy gets a job. **10.05** 10/13. Al tries being a bachelor. **10.35** 11/13. Marcy has a recurring nightmare. (S1)
11.05 **Police Woman** (S1)
12.05 AM **Fantasy Island** (S1)
1.05 **Blue Thunder**
3.00 **Mitch** 6/10. (S1)
4.00 **The Mrs Merton Show**
4.30 **Monkey** 4/26. (S1)
5.30 **to 6.00** AM **Hancock**

DMAX
159 169 39 147

6.00 AM **Deadliest Catch**
10.00 **Aussie Gold Hunters**
2.00 PM **Outback Opal Hunters** Five editions.
7.00 **Jeremy Wade's Dark Waters** Jeremy discovers what has happened to the king salmon. **8.00** Jeremy searches for a giant halibut.
9.00 **My Feet Are Killing Me** A woman who is in desperate need of help. **10.00** Dr Brad removes growths coming out of a woman's feet.
11.00 **Body Bizarre** Ylena's neck dislocates at the slightest movement. **12.00** M'T A man suffering from a rare bone eating disease. **1.00** AM A man born with no ears who has become a musician.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**
+1 hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **The Pioneer Woman**
11.00 **James Martin's Islands to Highlands**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Paul Hollywood: City Bakes** Seven editions.
8.00 **Adam Richman Eats Football** From Liverpool.
8.30 **Adam Richman Eats Britain** From Glamorgan.
9.00 **Man v Food** Adam Richman visits Tucson. **9.30** Adam visits hot-dog vendors in Connecticut. **10.00** Adam takes on the Hellfire Challenge. **10.30** A challenge to eat 12 hamburgers. **11.00** Adam tries to eat a 9lb steak platter. **11.30** Adam pays a visit to New Jersey. **12.00** M'T An enormous omelette in San Diego. **12.30** AM A 5lb grilled-cheese sandwich.
1.00 **to 3.00** AM **Cake Boss**
+1 hour 240/241 154

Legend
148 149 41 137

7.00 AM **The Twilight Zone**
8.00 FILM **Meteorites!** Disaster movie. (1998, PG, 85min) ★
10.00 **T.J. Hooker** (S2)
3.00 PM FILM **Monte Walsh** Western adventure. (2002, PG, 95min) ★★
5.20 FILM **Gunfighters** Western adventure. (1947, PG, 87min) ★★
7.05 FILM **The Ride to Hangman's Tree** Western with Jack Lord. (1966, U, 88min) ★★
9.00 FILM **Empire State** Crime thriller starring Liam Hemsworth. (2013, 15, 90min) ★★
10.55 FILM **Maximum Conviction** Action thriller starring Steven Seagal. (2012, 15, 93min) ★★
12.50 AM FILM **Code Name: Geronimo** Drama. (2012, 15, 96min) ★★
2.50 **to 4.50** AM FILM **St. Agatha** Horror. (2018, 15, 103min) ★★

Legend Xtra
317 171 69 138

6.00 AM FILM **Wyvern** Thriller. (2009, 15, 84min) ★★
8.00 **The Gambler Returns: The Luck of the Draw**
12.00 NOON FILM **Bigfoot** Monster movie. (2012, 12, 89min) ★★
2.00 PM FILM **Strange Invaders** Sci-fi comedy starring Paul LeMat. (1983, 12, 89min) ★★
4.00 **Andromeda** (S5)
6.00 **Farscape** (S1)
9.00 FILM **POW: The Escape** Action adventure starring David Carradine. As the Vietnam War comes to an end, one man embarks on a mission to free prisoners held in a secret Vietcong camp. (1986, 15, 90min) ★★
10.50 FILM **The Young Cannibals** Horror starring Megan Purvis. (2020, 15, 100min) ★★
1.00 **to 3.00** AM FILM **POW: The Escape** As 9.00pm.
+1 hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Container Wars**
8.00 **Swamp People: Serpent Invasion**
9.00 **Wicked Tuna**
10.00 **Blown Away**
11.00 **A Cut Above**
12.00 NOON **Strange Evidence**
2.00 PM **Breaking Mysterious**
3.00 **Ancient Aliens**
8.00 **In Search of Aliens**
9.00 **Conspiracy Files: Unsealed** Considering whether zombies could become a reality. **9.30** Asking if weather control is being used to incite the next global war.
10.00 **Hardcore Pawn** Karen brings in a Feng Shui expert in the hope of boosting sales. **10.30** Ashley and Les head off to a huge estate sale.
11.00 **Storage Hunters**
1.00 AM **Container Wars**
2.00 **Battle of Alcatraz**
3.00 **to 6.00** AM **Hardcore Pawn**

5SELECT
153 138 46 133

9.00 AM **Holyrood House: Upstairs, Downstairs**
10.00 **Secrets of the Royal Palaces** Double bill.
12.00 NOON **Murder, She Wrote** Five episodes.
5.00 PM **The Pacific War in Colour** Double bill.
7.00 **Nazi Megastructures** Heinrich Himmler's role in establishing the SS. **8.00** The development of the V1 'flying bomb'.
9.00 **D-Day: The Soldiers' Story** The men who formed the spearhead of the Allied liberation of Western Europe. **10.00** Recalling the poor weather conditions and the German defence of the French coast.
11.00 **Warship: Life in the Royal Navy** 1/3. An unprecedented look at the Royal Navy.
12.00 M'T **Great British Ships**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **A Place in the Sun**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Four editions.
7.00 **Escape to the Country** Denise Nurse helps a couple of returning ex-pats find a home in rural Somerset. **8.00** A couple with £875,000 to spend seek a rural home in Dorset. **9.00** A couple hope to find their perfect home in rural Worcestershire. **10.00** A pair of university sweethearts search for a home in North Yorkshire. **11.00** A couple hope to find a retirement property in north Wales. **12.00** M'T A pair of retired teachers look for a home in Derbyshire.
1.00 AM **100 Day Dream Home** Property series.
2.00 **to 4.00** AM **Home Town**
+1 hour 258/262 391

TLC
133/134 828 165

7.00 AM **Curvy Brides Boutique** Reality series.
8.00 **Say Yes to the Vegas Dress** Outfits for a couple getting wed in a theatrical Vegas venue.
9.00 **Say Yes to the Dress**
10.00 **OutDaughtered**
11.00 **Outdaughtered: Busby Quints**
12.00 NOON **Extreme Cheapskates**
1.00 PM **My 600lb Life**
5.00 **1000-lb Sisters**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **1000-lb Best Friends**
8.00 **My Big Fat Fabulous Life**
9.00 **7 Little Johnstons**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Monsters Inside Me**
1.00 AM **Extreme Couponing**
2.00 **7 Little Johnstons**
3.00 **Sex Sent Me to the ER**
4.00 **My Big Fat Fabulous Life**
5.00 **to 6.00** AM **Curvy Brides Boutique**
+1 hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Friends** (S6&7)
1.00 PM **Friends** (S7)
4.00 FILM **Another Stakeout** Comedy thriller sequel starring Richard Dreyfuss and Emilio Estevez. (1993, PG, 109min) ★★
6.10 **Friends** 14-17/24. (S7)
8.00 **Mr Bean** The hapless hero's party falls flat. **8.30** The bumbling hero visits the fair.
9.00 **Lee Evans: XL Tour**
10.00 FILM **Tenacious D in The Pick of Destiny** Musical comedy with Jack Black and Kyle Gass. (2006, 15, 94min) ★★
12.00 M'T FILM **Tucker & Dale vs Evil** Horror comedy starring Tyler Labine and Alan Tudyk. (2011, 15, 88min) ★★★
2.00 AM **Mike Judge's Beavis and Butt-Head**
3.15 **Lee Evans Live at Her Majesty's Theatre**
4.15 **to 5.00** AM **Guessable?**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Becker** 2-9/22. (S5)
1.00 PM **Impractical Jokers**
5.30 **Whose Line Is It Anyway? USA**
8.00 **Friends** 12/24. Ross and Joey get trapped on the roof of the apartment. **8.30** 13/24. Phoebe has a surreal first day at work. **9.00** 14/24. The pals gather to celebrate Rachel's 30th birthday. **9.30** 15/24. Joey tells a fellow cast member that her character is to be killed off. (S7)
10.00 **Friends** (S7&8)
3.00 AM **David Spade: My Fake Problems**
3.45 **Bo Burnham: Words, Words, Words**
4.25 **Modern Horror Stories**
4.30 **Al Murray: And a Glass of White Wine for the Lady** Stand-up show.
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **The Real A&E**
9.00 **Four Weddings**
11.00 **Nothing to Declare**
2.00 PM **MacGyver** (S1)
7.00 **New Amsterdam** *Give Me a Sign:* 6/13. Max sets out to make New York a safer place. **8.00** *Maybe Tomorrow:* 7/13. Wilder counsels a woman whose pregnancy puts her life in danger. **9.00** *All The World's a Stage:* 8/13. Max discovers a department at the hospital with serious legal implications. **10.00** *The Empty Spaces:* 9/13. Max learns a hard truth. **11.00** *Don't Do This For Me:* 10/13. Reynolds has a decision to make. (S5)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** Double bill.
3.00 **to 6.00** AM **Four Weddings**

MTV
126/127 824 134

6.00 AM **Daria** 11/13. (S4)
6.25 **16 and Pregnant**
7.10 **Catfish UK**
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Catfish: Repeat Offenders** Breana has waited to marry Josh for years, but her love fades when she finds out the truth about him.
8.00 **Catfish: The TV Show** Victoria wants to finally meet the man that she has been chatting with for eight years.
9.00 **Badass Brides** A 21-year-old bride plans a fairytale wedding.
10.00 **Ink Master** Double bill.
12.00 M'T **Geordie Shore**
1.00 AM **True Life Crime**
2.00 **Catfish: Repeat Offenders** Reality series.
2.45 **Catfish: Catch of the Day** Reality show.
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
12.00 NOON **Gold Divers** Six editions, including at: **2.00** PM Shawn makes progress on the *Myrtle Irene*. **3.00** Kris embarks on a risky adventure, and Steve continues his hunt for a job. **4.00** Shawn has showdown talks with his dad about the future of the inland mine. **5.00** Shawn makes a breakthrough in his bid to buy the inland mine.
6.00 **Gold Rush** Parker runs a third wash plant for the first time.

12.00 Gold Divers

7.00 Jade Fever Claudia brings in her son to help with the jade prospecting. **7.30** The crew are becoming disheartened.

8.00 The Last Woodsmen With just days left to move logs, it's all hands on deck to save a sinking float camp and cash out.

9.00 Sin City Tow On New Year's Eve in Vegas, partygoers hit Ashley's, and Elmer makes a life-changing choice.

10.00 Mystery at Blind Frog Ranch A rumbling shakes the ranch, and James finds evidence of the Aztecs at the Bead Site.

11.00 **Moonshiners** Mark and Digger discover someone has been siphoning costly whiskey from their barrel house.
12.00 M'T **Impossible Builds**
1.00 AM **Border Control: Europe**
2.00 **Moonshiners** Double bill.
4.00 **to 5.00** AM **How Do They Do It?**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Insane Pools: Off the Deep End** A dream pool.
9.00 **Amanda to the Rescue**
10.00 **Saved by the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Insane Pools: Off the Deep End** A waterpark.
1.00 PM **Amanda to the Rescue**
2.00 **Sharks of the Badlands**
3.00 **Shark Vortex**
4.00 **Dr Jeff: Rocky Mountain Vet**
6.00 **Insane Pools: Off the Deep End** A Florida couple request the ultimate space of tranquility and relaxation.

8.00 Swimming with Monsters

7.00 How Do Animals Do That? Why moths are attracted to flames. **7.30** Why spiders don't get stuck in their webs.

8.00 Swimming with Monsters with Steve Backshall The naturalist swims with the voracious Humboldt squid in Cortez.

9.00 Rugged Justice Police officers arrest a man with multiple warrants and hunt an assailant in a beach brawl.

10.00 Alaska: The Last Frontier The fall cattle round up takes a turn when a horse gets tangled in electric wire.

11.00 **Insane Pools: Off the Deep End** A waterfront paradise.
12.00 M'T **Monsters Inside Me** An infection threatens to rob a college student of her eyeball.
1.00 AM **Alaska: The Last Frontier**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
11.00 **Colossal Machines**
12.00 NOON **Eyewitness WWII: Invasion Italy** Double bill.
2.00 PM **World War II: Secrets from Above** Triple bill.
5.00 **Drain the Oceans** Marine archaeologists and historians uncover German vessels from World War Two.
6.00 **Hitler the Junkie** An exposé of the medications Adolf Hitler was taking, how much he took and how often.

2.00 WWII: Secrets from Above

7.00 Air Crash Investigation Investigating why Air Florida Flight 90 plunged into a Washington river in January 1982.

8.00 Air Crash Investigation A look at the 1972 crash of British European Airways 548, which saw 118 people lose their lives.

9.00 Air Crash Investigation When an explosion tears a hole in a 747, the search for answers leads to a deadly short circuit.

10.00 21st Century Sex Slaves Investigators and a special forces unit hunt down a notorious sex trafficking ring.

11.00 **To Catch a Smuggler** CBP in Calexico uses a specialised scope to locate narcotics.
12.00 M'T **Border Protection Spain**
2.00 AM **Lords of War**
2.55 **Food Factory**
3.45 **Abandoned** Double bill.
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Dirty Old Cars**
7.00 **Storage Wars** Four editions.
9.00 **The Curse of Oak Island**
10.00 **Pawn Stars** Triple bill.
1.00 PM **Lost U-Boats of WWII** Four editions, including at: **4.00** Garth makes a journey to explore a deserted island, where he discovers a cross.
5.00 **Rust Valley Restorers** Mike tries to rid the Field of Dreams of a junk-stuffed school bus.
6.00 **Dictators' Hideouts** Rumours of an extensive anti-atomic super bunker in Bucharest.

7.00 Great Escapes

7.00 Great Escapes with Morgan Freeman How Roger Bushell led a mass escape from a German prisoner-of-war camp.

8.00 Great Escapes with Morgan Freeman The actor tells the story of one of the largest escapes in British history.

9.00 Secrets of the Hells Angels The story of Sonny Barger, the commander of the world's most infamous biker gang.

10.00 Secrets of the Hells Angels The story of Pat Matter, a drug dealer who became president of the Minnesota Hells Angels.

11.00 **Prison Chronicles** The Colorado prison ADX, known as 'Alcatraz of the Rockies'. **11.30** Stories associated with notorious institution Alcatraz.
12.00 M'T **Forged in Fire**
2.00 AM **Pawn Stars** Triple bill.
5.00 **to 6.00** AM **Great Escapes with Morgan Freeman**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Nazi Hunters**
11.00 **Bangers & Cash** Triple bill.
2.00 PM **Robson Green's Weekend Escapes**
4.00 **Trawlermen: Hunting the Catch** Adam leaves his home waters in search of Dover sole in the hope of covering his ever-growing expenses. **5.00** The skippers face tough decisions as Storm Arwen hits.
6.00 **Train Truckers** The A4 LNER Pacific Locomotive, Sir Nigel Gresley, must be hauled from Crewe to Bridgnorth.

2.00 Weekend Escapes

7.00 Train Truckers The Royal Highland Fusilier must be hauled from Leicestershire to Wirksworth in Cheshire.

8.00 The Americas with Simon Reeve Simon travels down the Rocky Mountains from Montana to Colorado.

9.00 The Americas with Simon Reeve Simon travels the length of California and scales one of the world's tallest trees.

10.00 'Allo 'Allo! René and his staff dress as undertakers. **10.40** Michelle concocts another plan to infiltrate German headquarters.

11.20 **'Allo 'Allo!** The Germans order René to arrange a meeting to sell the *Fallen Madonna* painting.
12.00 M'T **Bangers & Cash** Paul helps a collector who is selling his prized Excelsior Consort.
1.00 **to 3.00** AM **Tony Robinson's Marvellous Machines**

+1 hour 255 329

Saturday

7 PM

8 PM

9 PM

10 PM

Quest

144 834 137 12 150 144

6.00 AM **Supertruckers**
8.00 **Wheeler Dealers**
2.00 PM **Find It, Fix It, Drive It** Double bill.
4.00 **Shed and Buried**
6.00 **Salvage Hunters** Drew Pritchard looks for antiques in Catalonia. **7.00** Drew heads to Cornwall on a major buying mission. **8.00** Drew takes Viki to three types of treasure hunting grounds.
9.00 **Disasters at Sea** The sinking of a Cypriot-registered bulk carrier.
10.00 **Helicopter ER** A footballer collapses from a heart attack.
11.00 **Opal Hunters: Red Dirt Road Trip**
12.00 M'T **Mystery at Blind Frog Ranch**
1.00 AM **Ancient Unexplained Files**
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Double bill.
10.00 **Say Yes to the Dress**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Faking It: Tears of a Crime** Four editions.
7.00 **Faking It: Tears of a Crime** The case of TV weatherman Fred Talbot. **8.00** Oscar Pistorius.
9.00 **Before They Kill Again** New edition A negotiator gets called to a hostage situation.
10.00 **American Detective with Lt Joe Kenda** Joe connects a case with two seemingly unrelated murders.
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime series.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
5.00 **A Stranger in My Home** A new girl comes between two friends. **6.00** Charred human remains are discovered.
7.00 **Killers: Caught on Camera** In Texas, a woman is found shot dead outside her home. **8.00** In Washington State, a man's vlogs reveal his dark plans.
9.00 **Donal MacIntyre's Released to Kill** The case of David Cook. **10.00** Leroy Campbell, who was released from jail and two weeks later murdered a nurse.
11.00 **Real Detective: North of the Border**
12.00 M'T **Killers: Caught on Camera** Double bill.
2.00 AM **Injustice with Nancy Grace**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Bloodline Detectives**
2.00 PM **Medical Detectives** A hidden fingerprint helps investigators solve an abduction case. **2.30** Experts uncover a 'signature' that links an assault to a murder. **3.00** Using cat hairs and insects to track down a missing woman. **3.30** DNA testing helps to solve a case. **4.00** A mother decides to take the case of her murdered daughter into her own hands. **4.30** A mother and daughter vanish whilst out shopping.
5.00 **The Day I Should Have Died** Anders Breivik.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Psychic Private Eyes**
4.00 **Something's Killing Me**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Caught on Dashcam**
7.00 **Highway Patrol**
9.00 **Brit Cops**
10.00 **Stop, Search, Seize**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
1.00 PM **The Killer Within**
2.00 **Ireland's Most Evil Killers**
3.00 **Murder Uncut**
5.00 **Murdered at First Sight**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **Forensics: Catching the Killer** True-crime.
9.00 **Fred West: The Glasgow Girls**
10.00 **The Real Manhunter**
11.00 **Face to Face with Scott Peterson**
12.00 M'T **What the Killer Did Next** Megan Newton.
1.00 AM **Love You to Death**
2.00 **Twisted Killers**
3.00 **Caught on Dashcam**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Icons of Conquest**
9.50 **Normandy '44: D-Day and the Battle for France** Triple bill.
1.00 PM **Beautiful Serengeti**
1.30 **Secret Bunkers**
3.50 **The Long Road to War**
6.20 **Normandy '44: D-Day and the Battle for France** Examining the preparations for D-Day. **7.20** The Canadians' first encounters with the Waffen SS. **8.25** James Holland and Mike Simpson turn their attention to Operation COBRA.
9.30 **The Long Road to War** 1&2/2. An examination of the events that led to World War One.
12.00 M'T **Icons of Conquest** Experts debate returning famous icons of conquest.
1.15 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Al Pacino**
7.00 **Discovering: Bill Murray**
8.00 **The Directors**
9.00 **A Choice of Weapons: Inspired By Gordon Parks**
10.45 **My Icon: Denise Lewis**
11.00 **Paul Simon: In Restless Dreams** 1&2/2. Documentary.
3.15 PM **FILM Searching for Sugar Man** Music documentary. (2012, 12, 86min) ★★★★
5.00 **Becoming Madonna** Charting Madonna's rise to stardom.
7.00 **Music Box** A look back at the story of Woodstock 1999.
9.00 **Dart Kings** Series finale 3/3. The career of darts legend Phil 'The Power' Taylor. ■ Entire series on Box Sets
10.00 **Stirling** The life and career of racing driver Stirling Moss, one of the most recognisable names in British sport.
11.20 **Anatomy of Lies**
12.20 AM **The Slow Hustle**
2.00 **Kings of Coke**
3.45 **My Icon: Thierry Henry**
4.00 **to 6.00** AM **Michael X: Hustler, Revolutionary, Outlaw**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
8.00 **Deep in the Heart**
9.00 **Macaque Island**
12.00 NOON **My Garden of a Thousand Bees**
1.00 PM **Airborne**
2.00 **David Attenborough's Galapagos** Triple bill.
5.00 **Animals Decoded** How animals use body language. **6.00** The remarkable ways that animals speak to one another. **7.00** How animals use sense, scent and sight to communicate.
8.00 **Attack and Defend** Prey that can outwit their adversaries. **8.30** Battles involving lethal sharks and clever cuttlefish.
9.00 **Jaguar Journals** The team look for Ferinha, Fera and Badalo.
10.00 **Big Cats Small World** The lives of lions, leopards and cheetahs. **11.00** Leopard mum Sephiri chooses between her old family and her new cubs.
12.00 M'T **Attack and Defend**
1.00 AM **Jaguar Journals**
2.00 **to 6.00** AM **Island of the Monsoon**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
9.00 **The Abyss: Rise & Fall of the Nazis** Triple bill of editions.
12.00 NOON **Ancient Aliens**
2.00 PM **What on Earth?**
4.00 **Looting History**
5.00 **Life After People**
7.00 **Instruments of Death** Karl Ude-Martinez and Kevin Hicks focus on the War of the Roses.
8.00 **Secret Wars Uncovered** The covert operations and secret missions of revolutionaries in the Greek War of Independence against the Ottoman Empire between 1821 and 1829.
9.00 **Hitler's Handmaidens** Exploring female Nazi involvement in the Holocaust.
10.00 **Footprints of Civilisation** The great philosophers who have radically changed the way ordinary people have lived.
11.00 **Ancient Aliens**
2.00 **Rome's Bloodiest Dynasty: Caesar's Death to the Republic**
3.00 **Evidence of the Unexplained**
5.00 **to 6.00** AM **Close Encounters Down Under**

Crime+Investigation

156 837 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
9.00 **Court Cam** Four editions.
11.00 **My Strange Arrest**
12.00 NOON **Killer in Plain Sight**
1.00 PM **Murder by Medic**
4.00 **An Hour to Kill**
7.00 **The Real Murders of Los Angeles** A young woman disappears after leaving her home for an audition.
8.00 **Missing Presumed Dead** The story of Shiva Mahbob.
9.00 **Faces of Evil** The nefarious deeds of Russell Bishop.
10.00 **The Eunuch Maker** The crimes of Marius Gustavson, known as the Eunuch Maker.
11.00 **Panic 9-1-1** A suspected gunman threatens to kill a busload of passengers.
12.00 M'T **Robbie Coltrane's Critical Evidence** Double bill.
2.00 AM **Faces of Evil**
3.00 **Murder By Medic**
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Animals Gone Wild**
9.00 **Secrets of the Zoo: Tampa**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Wild Patagonia**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City** Simon and Siouxsie put their new apprentice to the test. **6.00** Siouxsie encounters an angry monitor lizard.
7.00 **Savage Kingdom** Three lionesses living in an area of forests and hills face the end of their pride from starvation.
8.00 **The Incredible Dr Pol** New editions The vet tries driving a sled dog team. **9.00** The staff brave a cold winter to treat animals.
10.00 **Africa's Deadly Kingdoms** The wildlife of Africa's grasslands.
11.00 **Snakes in the City** Simon and Siouxsie tackle a vicious snake that has eaten two kittens.
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo: Tampa** Double bill of editions.
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
11.00 **Combat Dealers: Reloaded**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: Classic Cars** Triple bill of editions.
6.00 **Doing Da Vinci** The experts try to re-create a giant catapult. **7.00** The team face a difficult challenge to get Leonardo da Vinci's 'air screw' off the ground. **8.00** A machine that could rival modern-day inventions.
9.00 **Storm Chasers** Sean Casey attempts a dangerous intercept without guidance as he becomes desperate to capture a shot from inside a tornado.
10.00 **Disasters at Sea** The sinking of a Cypriot-registered bulk carrier in 1998, which killed 12 people. **11.00** Experts examine why a chemical tanker exploded.
12.00 M'T **Shark Rampage 1916** The true story that inspired *Jaws*.
2.00 AM **Combat Dealers**
4.00 **to 5.00** AM **Combat Dealers: Reloaded**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Animal Social Network**
2.00 PM **Costa Rica: The Rise of Nature** Documentary.
3.00 **Animal Social Network**
5.00 **The Bill** Double bill.
7.00 **Pointless** Double bill of the general knowledge quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Cutting It** 6/6. Finn's relationship with Allie starts to fall apart as they both realise the reality is not living up to the fantasy. Allie's discovery that Finn is not Ralfie's father may be the final straw, and prompts a shocking decision. (S3)
10.20 **The Bill** *The Sweet Smell of Failure:* 11/11. Carver and Ackland receive a tip in a counterfeit perfume case. (S1) **11.20** *Snouts and Red Herrings:* 1/12. New police constable Abel Lyttleton arrives at Sun Hill. (S2)
12.20 AM **Pointless** Double bill.
2.20 **Cutting It** As 9.00pm.
3.30 **to 6.00** AM **Animal Social Network**

+1 hour 266 376

ID

154 166

8.00 AM **Twisted Sisters**
10.00 **True Crime with Aphrodite Jones** Double bill of editions.
12.00 NOON **Still a Mystery**
2.00 PM **Swamp Murders**
4.00 **Welcome to Killer Town**
6.00 **I'd Kill for You** The murder of 79-year-old real-estate broker Vern Holbrook. **7.00** The story of how a family disagreement escalated into a feud and on towards tragedy.
8.00 **Blood Relatives** A case in which New Hampshire residents realised a sadistic mastermind was living in their midst when a body was unearthed from a shallow woodland grave.
9.00 **In Pursuit with John Walsh** How law enforcement officers captured wanted fugitives.
10.00 **Hostage 911** Negotiators hope to reason with an ex-felon.
11.00 **Britain's Deadly Women**
12.00 M'T **Scorned: Crimes of Passion** Double bill of editions.
2.00 AM **Murder in the Heartland**
4.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Railroad Alaska**
9.00 **How Do They Do It?**
11.00 **Goblin Works Garage**
12.00 NOON **Shed and Buried**
5.00 PM **Kindig Customs** The crew start work on a 1966 Corvette. **6.00** A client is finally happy with the shade of green Dave has concocted for his car. **7.00** A former client returns with another classic car – a 1965 Mustang Fastback.
8.00 **Mike Brewer's World of Cars** Mike meets an award-winning hot rodder Gene Winfield. **8.30** Mike looks at the future of classic cars in a world with more electric motors. **9.00** Mike wonders if an old car loses its soul if the engine or body is replaced. **9.30** Mike heads to the Midlands in England to visit two small shops that are helping keep classic cars on the road.
10.00 **Three Men Four Wheels**
1.00 AM **Alaska Mega Machines**
2.00 **to 5.00** AM **Texas Metal**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **SuperKlaus** (2024, U)
7.35 **Kung Fu Panda 4** As 4.40pm.
9.15 **The 4:30 Movie** Comedy. (2024, 15, 84min) ★★★
10.50 PREMIERE **Kill** As 6.20pm.
12.30 PM **Bad Boys: Ride or Die**
2.30 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
4.40 **Kung Fu Panda 4** Animation. (2023, PG, 94min) ★★★
6.20 PREMIERE **Kill** Thriller. (2023, 15, 90min) ★★★
See review, page 23.

6.20 Kill

8.00 **Bad Boys: Ride or Die** Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. A cancer patient attempts to survive Earth's first contact with sightless creatures which hunt by sound. (2024, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Get Away** Horror comedy with Nick Frost and Aisling Bea. (2024, 15, 86min) ★★★★
1.25 AM **Twilight of the Warriors: Walled In** Hong Kong thriller. (2024, 15, 126min) ★★★
3.45 **to 6.00** AM **The Convert** Action drama with Guy Pearce. (2024, 15, 119min) ★★★★

Sky Cinema Hits

303 403 503 517

7.35 AM **Pixels** As 11.35pm.
9.25 **The Amazing Spider-Man** Fantasy with Andrew Garfield. (2012, 12, 136min) ★★★
11.45 **The Amazing Spider-Man 2** Fantasy adventure sequel. (2014, 12, 142min) ★★★
2.10 PM **Blue Beetle** Adventure. (2023, 12, 127min) ★★★★
4.20 **Tropic Thunder** War spoof. (2008, 15, 107min) ★★★★
6.10 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★

6.10 The Hangover

8.00 **The Hangover Part II** Comedy sequel starring Bradley Cooper. A drug-fuelled bachelor party in Bangkok leaves three friends looking for the bride's vanished brother despite severe memory loss. (2011, 15, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **The Hangover Part III** Comedy sequel starring Bradley Cooper, Ed Helms and Zach Galifianakis. The friends go in search of a Chinese criminal after they are captured by his mobster rival. (2013, 15, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Pixels** Sci-fi comedy. (2015, 12, 105min) ★★
1.30 AM **I Now Pronounce You Chuck & Larry** Comedy. (2007, 12, 110min) ★
3.40 **Game Night** Black comedy. (2018, 15, 100min) ★★★★
5.30 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Drama

310 410 510 524

7.40 AM **The Survivor** Drama. (2021, 15, 129min) ★★★★
9.50 **Manodrome** Mystery thriller. (2023, 15, 96min) ★★★
11.35 **The Color Purple** Musical drama. (2023, 12, 141min) ★★★
2.00 PM **Chicago** Musical. (2002, 12, 112min) ★★★★
3.55 **The Girl on the Train** Crime thriller starring Emily Blunt. (2016, 15, 107min) ★★★★
5.50 **The Blind Side** Fact-based drama starring Sandra Bullock, Tim McGraw and Quinton Aaron. (2009, 12, 129min) ★★★
8.00 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
10.35 **Cold Mountain** Anthony Minghella's romantic epic based on the novel by Charles Frazier, starring Jude Law, Nicole Kidman and Renée Zellweger. (2003, 15, 152min) ★★★
1.10 AM **Wildhood** Romantic drama. (2021, 15, 108min) ★★★
3.00 **Monsoon** Hong Khaou's drama. (2019, 12, 85min) ★★★★
4.30 **Sky Cinema Preview**
5.10 **to 7.00** AM **The Illusionist** Mystery starring Edward Norton. (2006, PG, 110min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.30 AM **47 Metres Down** (2017)
9.10 **Friendship's Death** As 3.15am.
10.35 **The Woman in Black: Angel of Death** Chiller sequel. (2014, 15, 95min) ★★★
12.25 PM **The Nun II** Horror sequel. (2023, 15, 110min) ★★
2.20 **Sinister** Horror thriller. (2012, 15, 105min) ★★★
4.15 **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★
5.50 **Paycheck** Sci-fi action thriller. (2003, 12, 119min) ★★★★
8.00 **Terminator Salvation** Sci-fi action thriller sequel starring Christian Bale, Sam Worthington and Anton Yelchin. (2009, 12, 110min) ★★★
10.05 **Vampire in Brooklyn** Horror comedy starring Eddie Murphy as a suave vampire who comes to New York to seek a mate. With Angela Bassett, Allen Payne and Kadeem Hardison. (1995, 15, 101min) ★★
12.00 M'T **Cloverfield** As 4.15pm.
1.35 AM **Mr Vampire II** Comedy horror sequel starring Yuen Biao. (1986, 12, 89min) ★★★
3.15 **Friendship's Death** Sci-fi drama. (1987, 15, 78min) ★★★
4.45 **to 6.25** AM **47 Metres Down** Horror. (2017, 15, 89min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

6.50 AM **Blue Beetle** Adventure. (2023, 12, 127min) ★★★★
9.00 **Big Fat Liar** (2002, PG) ★★★
10.40 **Daddy Day Camp** As 11.50pm.
12.20 PM **The Horse Dancer** Drama. (2017, PG, 114min) ★★★
2.20 **The Adventures of Sharkboy and Lavagirl in 3-D** (2005)
4.00 **The Spiderwick Chronicles** Children's fantasy adventure. (2008, PG, 91min) ★★★★
5.50 **Patch Adams** Comedy drama. (1998, 12, 115min) ★★

10.00 The Neverending Story

7.55 **Pan** Fantasy adventure prequel to *Peter Pan*, starring Levi Miller, Hugh Jackman, Garrett Hedlund and Rooney Mara. An orphan is transported to a magical land and goes in search of the truth about his mother. (2015, PG, 111min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The NeverEnding Story** Fantasy adventure with Barret Oliver. A brave young warrior embarks on a quest to save the empire of Fantasia. (1984, U, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Daddy Day Camp** Comedy sequel. (2007, PG, 88min) ★★
1.35 AM **The Adventures of Sharkboy and Lavagirl in 3-D** Fantasy adventure. (2005, U, 98min) ★★
3.20 **Reuniting the Rubins** Comedy drama. (2010, PG, 98min) ★
5.15 **to 6.55** AM **Step Dogs** Family comedy. (2013, U, 82min) ★

Sky Cinema Stunts

307 407 507 521

7.35 AM **The Fast and the Furious** Thriller. (2001, 15) ★★★
9.35 **2 Fast 2 Furious** Thriller sequel. (2003, 12) ★★★
11.30 **The Fast and the Furious: Tokyo Drift** Thriller sequel. (2006, 12, 104min) ★★
1.30 PM **Fast & Furious** Thriller sequel. (2009, 12) ★★★
3.30 **Fast & Furious 5** Action thriller sequel. (2011, 12, 130min) ★★★
5.45 **Fast & Furious 6** Action thriller sequel. (2013, 12) ★★★

3.30 Fast & Furious 5

8.00 **Fast & Furious 7** Action thriller sequel starring Vin Diesel, Jason Statham and Paul Walker. A rogue special forces assassin seeks revenge against Dom, Brian and their crew for putting his brother in a coma. (2015, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Fast & Furious 8** Action adventure sequel starring Vin Diesel. Dominic Toretto is recruited by a terrorist, setting him at odds with his old gang. (2017, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Fast X** Action adventure. (2023, 12, 141min) ★★★★
3.05 **Project A** Martial arts thriller. (1985, 12, 72min) ★★★
4.55 **to 6.35** AM **Ghost Rider: Spirit of Vengeance** Comic-book adventure. (2012, 12, 91min) ★★

Sky Cinema Comedy

308 408 508 522

7.40 AM **Boomerang** Romantic comedy. (1992, 15, 117min) ★★
9.45 **I Love My Dad** Comedy. (2022, 15, 96min) ★★★
11.30 **BlackBerry** Comedy drama. (2023, 15, 120min) ★★★★
1.35 PM **Paint** Comedy drama. (2023, 12, 96min) ★★★
3.20 **The Holiday** Comedy. (2006, 12, 135min) ★★★
5.40 **The Holdovers** Comedy drama starring Paul Giamatti. (2023, 15, 133min) ★★★★★

8.00 Trainwreck

8.00 **Trainwreck** Comedy drama starring Amy Schumer and Bill Hader. A journalist who lives her life by the maxim that monogamy doesn't work has second thoughts when she finds herself falling for an interviewee. (2015, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Heartbreak Kid** Comedy starring Ben Stiller and Michelle Monaghan. An unlucky-in-love shop owner makes a hasty marriage, then falls for another woman on honeymoon. (2007, 15, 115min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Fletch** Comedy adventure starring Chevy Chase. (1985, PG, 96min) ★★★
1.55 **Kingpin** Comedy with Woody Harrelson and Randy Quaid. (1996, 12, 114min) ★★★
3.55 **to 6.15** AM **The Holdovers**

Sky Cinema Crime

309 409 509 523

6.00 AM **Gunpowder Milkshake** Thriller. (2021, 15, 114min) ★★★
8.00 **Chappie** (2015, 15) ★★
10.05 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
12.05 PM **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
2.05 **Ride Along** (2014, 12) ★★
3.55 **Ride Along 2** Comedy sequel. (2016, 12, 102min) ★★
5.45 **Miami Vice** Crime thriller. (2006, 15, 133min) ★★★★

5.45 Miami Vice

8.00 **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano and Jordi Mollà. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Bad Boys: Ride or Die** Action adventure sequel starring Will Smith and Martin Lawrence. Miami cops Lowrey and Burnett go on the run to clear their late captain's name. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Punisher** Thriller. (2004, 18, 123min) ★★★
2.35 **Fletch** Comedy adventure. (1985, PG, 96min) ★★★
4.15 **to 6.00** AM **Fletch Lives** Comedy thriller sequel. (1989, PG, 95min) ★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Tad the Lost Explorer and the Secret of King Midas** Animation. (2017, U) ★★★
12.40 PM **CutThroat Island** Adventure. (1995, PG) ★★
3.00 **Babe** Comedy drama. (1995, U, 92min) ★★★★★
4.45 **Turner & Hooch** Comedy. (1989, PG, 99min) ★★★
6.50 **Fisherman's Friends: One and All** Comedy sequel. (2022, 12, 112min) ★★★

11.45 Chopper

8 PM **Fisherman's Friends: One and All** (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **A Few Good Men** Courtroom drama starring Tom Cruise, Jack Nicholson and Demi Moore. A young US Navy lawyer locks horns with the martinet commander of a US military base in Cuba over a murder trial. (1992, 15, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.45** **Chopper** Australian crime drama based on the true story of a murderer who rose to media stardom. Stars Eric Bana, Simon Lyndon and David Field. (2000, 18, 94min) ★
1.40 **to 3.35** AM **The Grudge** Mystery horror starring Andrea Riseborough, Demian Bichir and Tara Westwood. (2019, 15, 94min) ★★

+1hour 314 430 47 301

Sky Cinema Icons

302 402 502 516

7.20 AM **Jerry Maguire** Comedy drama starring Tom Cruise. (1996, 15, 139min) ★★★★
9.40 **Hook** Steven Spielberg's fantasy. (1991, U, 140min) ★★★
12.05 PM **The Hobbit: An Unexpected Journey** Fantasy. (2012, 12, 165min) ★★★
2.55 **The Hobbit: The Desolation of Smaug** Fantasy adventure. (2013, 12, 161min) ★★★★
5.35 **The Hobbit: The Battle of the Five Armies** Fantasy adventure starring Martin Freeman. (2014, 12, 144min) ★★★
8.00 **Oppenheimer** Biopic starring Cillian Murphy. J Robert Oppenheimer leads the Manhattan Project to develop an atomic weapon before Hitler and end World War Two. (2023, 15, 180min) ★★★★★
11.00 **Taxi Driver** Martin Scorsese's drama starring Robert De Niro. (1976, 18, 110min) ★★★★★
1.00 AM **Goodfellas** Martin Scorsese's gangster drama. (1990, 18, 143min) ★★★★★
3.30 **The Sum of All Fears** Action thriller starring Ben Affleck. (2002, 12, 119min) ★★★★
5.40 **to 6.35** AM **Sky Cinema Preview**

Sky Cinema Greats

304 404 504 518

7.00 AM **Earth Girls Are Easy** (1988)
8.55 **See No Evil, Hear No Evil**
10.55 **Airplane!** Spoof comedy. (1980, 12, 86min) ★★★★★
12.35 PM **Airplane II: The Sequel** Comedy sequel starring Robert Hays. (1982, 15, 81min) ★★★
2.15 **Brewster's Millions** Comedy starring Richard Pryor and John Candy. (1985, PG, 97min) ★★★
4.10 **Kingpin** As shown at 11.25pm.
6.20 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
8.00 **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey and Ian McNeice. (1995, PG, 89min) ★★
9.40 **See No Evil, Hear No Evil** Comedy thriller starring Gene Wilder and Richard Pryor. (1989, 15, 107min) ★★★
11.25 **Kingpin** Comedy starring Woody Harrelson and Randy Quaid. (1996, 12, 114min) ★★★
1.20 AM **Drop Dead Fred** Comedy. (1991, 12, 99min) ★★
3.05 **The Adventures of Baron Munchausen** Fantasy adventure. (1988, PG, 126min) ★★★★
5.15 **to 7.00** AM **Earth Girls Are Easy** Musical comedy. (1988, PG, 100min) ★★★

Sky Cinema Animation

305 412 500 514

6.20 AM **Rock Dog 3: Battle the Beat**
8.00 **Dragon Rider** Animation. (2020, PG, 91min) ★★★
9.40 **Over the Hedge** As 4.00pm.
11.10 **Cloudy with a Chance of Meatballs** As shown at 5.30pm.
12.50 PM **Cloudy with a Chance of Meatballs 2** As 7.10pm.
2.30 **The Emoji Movie** As 8.55pm.
4.00 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
5.30 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
7.10 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel with the voice of Bill Hader. (2013, U, 93min) ★★★
8.55 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
10.25 **Smallfoot** Animated adventure. (2018, U, 96min) ★★★
12.10 AM **The Road to El Dorado** Animated comedy adventure. (2000, U, 89min) ★★★
1.50 **The Ogglies** Animated adventure. (2021, PG, 85min) ★★★
3.30 **Tom and Jerry: A Nutcracker Tale** Animated adventure. (2007, U, 47min) ★★★
4.30 **Sky Cinema Preview**
4.45 **to 6.20** AM **Rock Dog 3: Battle the Beat** (2022, U) ★★

Movies 24

312 419

7.00 AM **Song & Story: Amazing Grace** Drama starring Bresha Webb. (2021, PG, 90min) ★★
9.00 **Fashionably in Love** Romantic comedy. (2023, PG, 87min) ★★
11.00 **Love Map** Romantic comedy. (2022, PG, 89min) ★★
1.00 PM **Autumn at Apple Hill** Comedy. (2024, PG, 84min) ★★
3.00 **Junebug** Fantasy starring Mila Jones. (2024, PG, 84min) ★★
5.00 **Making Waves** Romantic comedy. (2023, PG, 84min) ★★
7.00 **A Pinch of Portugal** Romantic drama with Heather Hemmens. (2023, PG, 84min) ★★
9.00 **Blind Date Book Club** Romantic drama starring Erin Krakow. A Nantucket bookshop owner known for matchmaking others finds love with a bestselling author who visits her store. (2024, PG, 90min) ★★
11.00 **Lucky Hearts** Romantic comedy. (2023, PG, 89min) ★★
1.00 AM **Love Marks the Spot** Adventure starring Annika Foster. (2023, PG, 86min) ★★
3.00 **to 5.00** AM **The Song to My Heart** Romantic drama. (2022, PG, 85min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **The Pointing Finger** Drama. (1933, b/w, U, 68min) ★★
7.20 **Sherlock Holmes** 8/39. (S1)
7.55 **Black Saddle** 10/24. (S2)
8.25 **Stingray** 6/39. (S1)
9.00 **Batman** 34/34. (S1)
9.30 **Space Patrol** 32/39. (S1)
10.00 **Daylight Robbery** (1964) ★★
11.10 **The Adventures of Robin Hood**
11.40 **Undersea Kingdom** 8/12. (S1)
12.00 NOON **One Step Beyond** (S2)
12.35 PM **Invisible Invaders** Adventure. (1959, PG, 75min) ★★
1.55 **Look at Life** Documentary.
2.10 **Dick Barton: Special Agent**
2.25 **Fireball XL5**
3.00 **Captain Scarlet and the Mysterons** 2/32. (S1)
3.35 **So Long at the Fair** Mystery. (1950, b/w, U, 86min) ★★★
5.15 **The Dark Light** (1951, PG) ★
6.30 **A Lifetime Ago with the Baim Collection**
7.00 **Z Cars** 19/31. (S10)
8.00 **Travelling Man** 3/7. (S2)
9.05 **The Silent Partner** Suspense thriller. (1978, 15, 105min) ★★★
11.10 **The Fourth War** (1990) ★★★
12.55 AM **Stop Me Before I Kill!** Thriller. (1960, b/w, 18) ★★
3.00 **The Man Who Cheated Himself** Drama. (1950, b/w, PG) ★★
4.35 **to 6.00** AM **Woman in the Dark**

Saturday

Sky Sports Main Event

401 511 501 419 439

6.00 AM LIVE **DP World Tour Golf** Coverage of the featured groups on day three of the Dubai Desert Classic staged at Emirates Golf Club in the United Arab Emirates.
7.00 LIVE **DP World Tour Golf** Continued coverage of day three of the Dubai Desert Classic at Emirates Golf Club in the UAE.
11.00 LIVE **EFL Cardiff City v Swansea City.** Coverage of the South Wales derby in the Championship from the Cardiff City Stadium. Kick-off **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 LIVE **SNF Arsenal v Aston Villa.** Coverage of the Premier League match from the Emirates Stadium. Kick-off is at **5.30pm**.
8.30 LIVE **NFL** Coverage of the first Divisional play-off match, as the teams compete for a place in the AFC or NFC Championship match.
1.00 AM LIVE **NFL** The second Divisional play-off match, as the teams compete for a place in the AFC or NFC Championship match.
4.30 **to 6.00** AM LIVE **DP World Tour Golf** The featured groups on day four of the Dubai Desert Classic from Emirates Golf Club.

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **The Big Interview**
9.30 **Fantasy Show**
10.00 **Saturday Social**
11.00 **Premier League Stories**
11.30 **Fantasy Show**
12.00 NOON **Gillette Soccer Saturday: Build-Up**
3.00 PM **Gillette Soccer Saturday**
5.00 LIVE **SNF Arsenal v Aston Villa.** Coverage of the Premier League match from the Emirates Stadium. The Gunners claimed a 2-0 win in the reverse fixture at Villa Park courtesy of goals from Leandro Trossard and Thomas Partey, but they lost here to the Villans by the same scoreline last term in a match that all but ended their title hopes. Kick-off **5.30pm**.
8.30 **Game of the Day**
10.30 **Premier League Highlights** Leicester City v Fulham. **11.00** West Ham v Crystal Palace. **11.30** Brentford v Liverpool.
12.00 M'T **Premier League Highlights**
3.00 AM **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Highlights**
6.15 **WSL** Liverpool v Brighton.
6.45 **Championship Retro**
8.45 **EFL Greatest Games**
9.00 **WSL** Liverpool v Brighton.
9.30 **EFL Highlights**
10.00 **Saturday Social**
11.00 LIVE **EFL Cardiff City v Swansea City.** Coverage of the South Wales derby in the Championship staged at the Cardiff City Stadium. August's reverse fixture saw the sides share the spoils in a 1-1 draw, with Liam Cullen giving Swansea a 10th-minute lead and Callum Robinson equalising late in the second half. Kick-off **12.30pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 **Gillette Soccer Saturday: Reaction** Post-match analysis.
5.20 LIVE **Bundesliga Bayer Leverkusen v Borussia Moenchengladbach.** Coverage of the German top-flight match at the BayArena. Kick-off **5.30pm**.
7.30 **Bundesliga** A chance to see Bayern Munich v VfL Wolfsburg.
9.30 **EFL** Cardiff City v Swansea City from the Cardiff City Stadium.
11.30 PM **to 6.00** AM **EFL Highlights**

Sky Sports Cricket

404 514 504 422 442

6.00 AM LIVE **Big Bash League Melbourne Renegades v Brisbane Heat.** Coverage of the T20 match from Marvel Stadium.
9.10 LIVE **Big Bash League Perth Scorchers v Adelaide Strikers.** Coverage of the T20 match staged at Optus Stadium in Perth.
11.00 LIVE **SA20 Pretoria Capitals v Paarl Royals.** Coverage of the match staged at SuperSport Park. This fixture last season saw the visitors come away with a 10-run victory in a high-scoring affair.
3.00 PM LIVE **SA20 MI Cape Town v Joburg Super Kings.** Coverage of the match from World Sports Betting Newlands.
7.30 **Women's World T20 Cricket**
8.00 **Big Bash League**
10.00 **SA20** Recent highlights.
12.00 M'T **Women's World T20 Cricket** Action from Dubai.
1.30 AM **Women's World Cup 2017**
1.45 **Women's World T20 Cricket**
2.15 LIVE **ICC U19 Women's World T20 Sri Lanka v Malaysia.** Coverage of the Group A match from Bayuemas Oval.
5.30 **to 6.00** AM **ICC Women's World Cup 2017**

Sky Sports Golf

405 515 505 423 443

6.00 AM LIVE **DP World Tour Golf** The third day of the Dubai Desert Classic staged at Emirates Golf Club in the United Arab Emirates.
1.00 PM **Uncommon: Building a Boston Sports Team**
1.30 **Ryder Cup Memories**
2.00 **PGA Tour Champions Learning Centre** Expert golfing advice.
3.00 **My Ryder Cup** Player memories.
3.30 **DP World Tour Golf**
4.00 LIVE **Golf** Coverage of day three of the Latin American Amateur Championship from Pilar Golf.
7.00 LIVE **PGA Tour Golf** Coverage of day three of the American Express from PGA West Stadium Course at La Quinta Country Club.
12.00 M'T **DP World Tour Golf**
12.30 AM **Ryder Cup Memories**
1.00 **PGA Tour Golf**
2.00 **DP World Tour Golf**
2.30 **Ryder Cup Memories**
3.30 **DP World Tour Golf**
4.00 **to 6.00** AM LIVE **DP World Tour Golf** The featured groups on day four of the Dubai Desert Classic from Emirates Golf Club.

Sky Sports Tennis

407 537 520 425 445

6.00 AM **US Open Classic Matches**
10.00 **Bitesize Tennis** Ladies Open. **10.15** The Madrid Open final.
10.30 **Rafael Nadal: End of an Era**
11.00 **ATP Tour Classic Matches**
3.00 PM **US Open** The 2010 final.
4.00 **ATP Tour Classic Matches**
7.00 **US Open** Archive highlights.
9.00 **Rafael Nadal: End of an Era**
9.30 **US Open Classic Matches**
9.45 **Bitesize Tennis**
10.00 **ATP Tour Classic Matches**
2.00 AM **US Open** The 2010 final.
3.00 **to 6.00** AM **ATP Tour Classic Matches**

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **A-League Sydney FC v Brisbane Roar.** K-o 6.00am.
8.00 **Champions League Magazine**
8.30 **Premier League**
9.30 **The Fantasy Show**
10.00 **The Football's On**
11.00 LIVE **Premier League Newcastle United v Bournemouth.** Coverage of the top-flight match. Kick-off **12.30pm**.
3.00 PM LIVE **Allianz Premiership Women's Rugby Gloucester-Hartpury RFC v Ealing Trailfinders.** Kick-off **3.05pm**.
5.15 **Autumn Nations Series**
5.45 **Sign Up – Into Football**
6.30 **Champions League Magazine**
7.00 **UEFA Europa League & Conference League Magazine**
7.30 LIVE **Serie A Atalanta v Napoli.** Coverage of the Italian top-flight match. Kick-off **7.45pm**.
9.45 **Peter Crouch Meets**
10.00 LIVE **NBA Detroit Pistons v Phoenix Suns.** Tip-off **10.00pm**.
12.30 AM **Fight Week** UFC 311 preview.
1.00 LIVE **UFC** The preliminary bouts.
3.00 **to 7.00** AM LIVE **UFC Islam Makhachev v Arman Tsarukyan.** The lightweight title bout at Intuit Dome in Inglewood.

TNT Sports 2

411 871 528 409 431

6.00 AM LIVE **A-League Women Canberra United v Western Sydney Wanderers.**
8.00 **The Fantasy Show**
8.30 LIVE **A-League Adelaide United v Melbourne Victory.**
10.30 **Women's Ashes** Highlights.
12.00 NOON **Ultimate Pool**
1.30 PM **Fishing: On the Bank**
2.30 **TNT Sports Cricket Reload**
2.45 **Xtra Time** Post-match reaction.
3.15 **TNT Sports Reload**
3.30 **SailGP Highlights**
4.30 **Women's Ashes** Recent action.
6.00 **Vendee Globe Highlights**
6.30 **The WRC Magazine**
7.00 **French Premiere Ligue Women**
8.00 LIVE **French Premiere Ligue Women Paris Saint-Germain v Lyon.** Coverage from Parc des Princes. Kick-off is at **8.00pm**.
10.00 **Women's Ashes**
11.30 LIVE **Women's T20 Super Smash Northern Brave v Canterbury Magicians.** Coverage of the match from Seddon Park.
3.00 AM **TNT Sports Cricket Reload**
3.15 **to 6.45** AM LIVE **T20 Super Smash Northern Brave v Canterbury Kings.** Coverage from Seddon Park in Hamilton.

TNT Sports 3

417 874 529 410 432

6.00 AM **Premier League Review**
7.00 LIVE **A-League Women Melbourne Victory v Perth Glory.** Coverage of match staged at Home of the Matildas in Melbourne. Kick-off **7.00am**.
9.00 **One Day International Cricket**
12.00 NOON **Women's One-Day International Cricket** Highlights from India v Ireland in Rajkot.
3.00 PM **Vendee Globe Highlights**
3.30 **The WRC Magazine**
4.00 **MotoGP** Grand Prix of Germany.
7.00 **Isuzu UTE A-League** Highlights of Auckland FC v Melbourne City. **8.00** Sydney FC v Brisbane Roar. **9.00** Highlights from Western United v Newcastle Jets. **10.00** Action from Adelaide United v Melbourne Victory.
11.00 **Allianz Premiership Women's Rugby** Gloucester-Hartpury RFC v Ealing Trailfinders.
12.00 M'T **Serie A** Atalanta v Napoli.
1.00 AM **French Premiere Ligue Women** Action from PSG v Lyon.
2.00 **SailGP Highlights**
3.00 LIVE **SailGP** Coverage of the second day of the second round of the season from Auckland.
4.30 **to 6.00** AM **Ultimate Pool**

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
10.00 **NFL Highlights** Pittsburgh Steelers v Baltimore Ravens. **11.00** Action from Minnesota Vikings v Detroit Lions. **12.00** NOON Highlights of Detroit Lions v Tampa Bay Buccaneers from 2023/24. **1.00** PM Action from Houston Texans v Los Angeles Chargers in the first Wild Card play-off match.
2.00 **NFL Highlights** Baltimore Ravens v Pittsburgh Steelers in the second Wild Card play-off match. **3.00** Highlights from Buffalo Bills v Denver Broncos in the third Wild Card play-off match. **4.00** Action from Philadelphia Eagles v Green Bay Packers in the fourth Wild Card play-off match.
5.00 **NFL Gameday**
8.30 LIVE **NFL** Coverage of the first Divisional play-off match, as the teams compete for a place in the AFC or NFC Championship match.
1.00 AM LIVE **NFL** The second Divisional play-off match, as the teams compete for a place in the AFC or NFC Championship match.
4.30 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
8.00 **My Icon** Leon McKenzie.
8.10 **Big Bash League**
9.10 LIVE **Big Bash League Perth Scorchers v Adelaide Strikers.** Coverage of the T20 match staged at Optus Stadium in Perth.
12.30 PM **SA20** Recent highlights.
1.30 **Super League Highlights**
2.00 **Fight Night International**
4.00 **Super League Highlights**
5.00 LIVE **NCAA Basketball Kentucky Wildcats v Alabama Crimson Tide.** Coverage of the college match from Rupp Arena in Lexington. Tip-off **5.00pm**.
7.00 **Fight Night** Simpson v Woodall.
8.00 **Top Rank Boxing Archive**
10.00 **The Rugby Championship**
11.50 **My Icon** Leon McKenzie.
12.00 M'T **Top Rank Boxing Archive**
1.15 AM **Super League Highlights**
2.00 **Big Bash League**
4.00 **to 6.00** AM **SA20**

TNT Sports 4

421 876 530 411 434

6.00 AM **Champions League Magazine** The latest news.
6.30 **Ultimate Pool** Highlights.
8.00 **MotoGP** Grand Prix of Assen.
11.30 **TNT Sports Reload**
12.00 NOON **NBA Originals**
12.30 PM **NBA on Fire**
1.00 **NBA** Mavericks v Thunder.
2.30 **NBA Action** Highlights.
3.00 **NBA** Mavericks v Thunder.
4.30 **NBA Originals**
6.00 **NBA Action** Highlights.
6.30 **NBA** Mavericks v Thunder.
8.00 **NBA Originals**
9.00 **Fight Week** UFC 311 preview.
9.30 **UFC Countdown**
10.30 **UFC Fight Flashback**
11.00 **Isuzu UTE A-League**
3.00 AM LIVE **A-League Women Wellington Phoenix v Newcastle Jets.** Coverage of the match at Porirua Park in Porirua, New Zealand. Kick-off **3.00am**.
5.00 **to 6.00** AM **Fishing: On the Bank**

Eurosport 1

413 870 521 412 435

5.30 AM LIVE **Australian Open Tennis** Coverage of day seven of the opening Grand Slam event of the season at Melbourne Park.
7.30 **Australian Open: Courtside**
8.00 LIVE **Australian Open Tennis** Further coverage of day seven of the opening Grand Slam event of the season at Melbourne Park, featuring third-round matches.
1.00 PM LIVE **Masters Snooker** Coverage of the opening semi-final on day seven from Alexandra Palace in London.
4.30 **Dakar Rally** The 12th stage.
5.30 **Masters Snooker** A semi-final.
6.45 LIVE **Masters Snooker** Coverage of the second semi-final on day seven at Alexandra Palace.
10.30 **Masters Snooker** A semi-final.
12.30 **to 5.30** AM LIVE **Australian Open Tennis** Coverage of day eight of the first Grand Slam event of the season at Melbourne Park, featuring fourth-round matches.

Eurosport 2

414 871 522 413 436

5.30 AM LIVE **Australian Open Tennis** Coverage of day seven of the opening Grand Slam event of the season at Melbourne Park.
10.00 LIVE **Alpine Skiing** Coverage from Cortina d'Ampezzo in Italy.
11.30 LIVE **Alpine Skiing** Coverage from Wengen in Switzerland.
1.20 PM LIVE **Biathlon** Coverage from Ruhpolding in Germany.
2.40 LIVE **Cross-Country Skiing** Coverage from Les Rousses.
3.30 LIVE **Ski Jumping** Coverage from Zakopane in Poland.
5.05 **Alpine Skiing** Recent action.
7.00 **Ski Jumping** From Zakopane.
8.00 **Discovery Golf**
8.30 **Alpine Skiing** Recent action.
10.30 **Australian Open Tennis**
12.30 **to 5.30** AM LIVE **Australian Open Tennis** Day eight of the first Grand Slam event of the season staged at Melbourne Park, featuring fourth-round matches.

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **My Icon** Moeen Ali.
6.15 LIVE **ICC U19 Women's World T20 New Zealand v South Africa.** Coverage of the Group C match at Borneo Cricket Ground in Sarawak, Malaysia.
9.30 **Good Morning Transfers**
10.00 **Soccer Saturday Pre-Match**
10.30 **Fantasy Football Pre-Match**
11.00 **EFL Build-Up**
12.25 PM LIVE **EFL Millwall v Hull City.** Coverage of the Championship match staged at The Den. Kick-off is at **12.30pm**.
3.00 **Gillette Labs Soccer Saturday**
4.30 LIVE **PGA Tour Golf** Coverage of the early stages on the third day of the American Express from PGA West Stadium Course.
9.00 LIVE **PGA Tour Golf** Further coverage of the third day of the American Express staged at PGA West Stadium Course.
12.00 M'T **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Formula 1** From Miami.
2.15 PM **Vettel's Litter Challenge**
2.25 **What's Next For Valtteri Bottas?** With Jenson Button.
2.30 **Formula 1** Action from the 2024 Emilia-Romagna Grand Prix.
4.45 **Formula 1** Monaco Grand Prix.
7.05 **Hamilton's Long Wait For Victory** The 945-day period.
7.15 **Formula 1** Canadian Grand Prix.
9.40 **End of Season Funnies**
9.45 **Formula 1** Spanish Grand Prix.
11.55 **Max Verstappen: 4-Time World Champion**
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Sunday

19 January

Evening Planner

Football

Premier League
Sky Sports Main Event & Sky Sports Premier League
Today's double header features Everton v Tottenham and Ipswich v Man City.

Wildlife

Baby Animal Rescue
Nat Geo Wild, 6pm
Conservationist Giles Clark travels to South Africa to work with dedicated teams rescuing and caring for wildlife orphans.

Drama

SAS Rogue Heroes
BBC1, 9pm
Paddy Mayne (Jack O'Connell) puts his career on the line when he disobeys an order that was issued from the very top.

Drama

Out There
ITV1, 9pm (box set, ITVX)
Martin Clunes' latest role is a world away from *Doc Martin*, playing a farmer whose livelihood is threatened by a drugs gang.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Antiques Roadshow		8.00 Call the Midwife		9.00 SAS Rogue Heroes		10.00 News	10.30 Match of the...
	102 BBC2	7.00 Snooker: The Masters – Live: The second session of the final						10.00 Film: The Shining	
	103 ITV1	◂ 6.30 Dancing on Ice		8.00 Ant & Dec's Limitless Win		9.00 Out There		10.15 The Dry	
	104 CHANNEL 4	◂ 6.00 Mysteries of Stonehenge	7.45 The Great Pottery Throw Down			9.00 Celebrity Hunted		10.00 Celebrity Gogglebox	
	105 CHANNEL 5	7.00 Holiday Scams: Don't Get Caught Out		8.00 22 Kids & a Baby		9.00 Rich House, Poor House		10.00 When Holidays Go Horribly Wrong...	
	106 SKY SHOWCASE	◂ 6.30 Football: WSL – Live: Manchester City v Manchester United (Kick-off 6.45)					9.30 Film: RED 2		
ENTERTAINMENT	115 BBC3	7.00 EastEnders		8.00 Top Gear		9.00 Film: Escape Room: Tournament of Champions			10.20 People Just Do Nothing
	116 BBC4	7.00 Happy Birthday Abraham Lincoln...		8.00 The Kennedy's: A Culture Show Special		9.00 Sir Simon Rattle at the Proms			
	118 ITV2	◂ 6.20 Film: Fantastic Beasts: The Crimes of Grindelwald				9.00 Love Island: All Stars		10.05 Family Guy	
	136 MORE4	◂ 6.50 Four in a Bed		7.55 PopMaster TV		9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons				9.00 Film: Passengers			
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Law & Order: Special Victims Unit		10.00 Matlock	
	108 SKY ATLANTIC	◂ 6.50 Boardwalk Empire				9.00 Lockerbie: A Search for Truth		10.10 The Wire	
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army		8.20 Only Fools and Horses	9.00 Billy Connolly Does...		10.00 Only Fools and Horses	
	111 U&DAVE	7.00 Special Ops: To Catch a Criminal		8.00 QI XL		9.00 Have I Got a Bit More News for You		10.00 QI XL	10.35 Mock the...
	119 ITV3	◂ 6.55 The Darling Buds of May		8.00 Doc Martin		9.00 Rosemary & Thyme		10.05 Vera	
	120 ITV4	◂ 6.45 Film: From Russia with Love				9.00 Film: Mission: Impossible III			
	112 COMEDY CENTRAL	◂ 6.50 Film: Sweet Home Alabama				9.00 Film: Hitch			
	139 SKY SCI-FI	7.00 Stargate SG-1				9.00 Grimm			
	113 SKY MAX	◂ 6.00 Stargate Origins: Catherine		8.00 Flintoff: Lord of the Fries		9.00 A League of Their Own		10.00 Rob Beckett's Smart TV	
	109 U&ALIBI	7.00 Hudson & Rex				9.00 Father Brown		10.00 Far North	
	130 SKY ARTS	◂ 6.45 42nd Street				9.00 Film: Sherlock Holmes Faces Death			10.20 Electric Light...
	132 U&W	7.00 Inside the Operating Theatre				9.00 Nurses on the Ward			
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 On the Roam		10.00 Custom Carolina	
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Crikey! It's the Irwins				10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Lost Treasures of Angkor: Ancient...		8.00 Lost Treasures of the Bible		9.00 Elizabeth I: The Secret Life		10.00 The Lost Tomb of Alexander the Great	
	123 SKY HISTORY	7.00 Royal Murder Mysteries				9.00 Einsatzgruppen: The Nazi Death Squads			
	155 U&YESTERDAY	7.00 Canal Boat Diaries		8.00 Find It, Fix It, Flog It		9.00 One Foot in the Grave			
	121 SKY DOCS	7.00 Costa Concordia: Chronicle of a Disaster				9.00 Film: Going Clear: Scientology and the Prison of Belief			
FILMS – Sky Cinema	301 PREMIERE	◂ 5.50 The Fall Guy		8.00 Bad Boys: Ride or Die				10.00 Kill	
	302 ICONS	◂ 5.00 Oppenheimer		8.00 Top Gun				10.00 Goodfellas	
	303 HITS	◂ 5.55 Mission: Impossible		8.00 Mission: Impossible II					10.15 Mission: Impossible III
	304 GREATS	◂ 6.00 Twins		8.00 Dumb and Dumber				10.00 Death Becomes Her	
	305 ANIMATION		7.20 Migration			8.50 Gnomeo & Juliet			10.25 Rugrats Go Wild
	306 FAMILY	◂ 5.45 IF	7.40 Wonka				9.40 The BFG		
	307 STUNTS	◂ 5.40 Fast & Furious 8		8.00 Fast X					10.25 Aquaman
	308 COMEDY	◂ 6.15 Bean		8.00 Mr Bean's Holiday			9.45 Horrible Bosses		
	309 CRIME	◂ 6.00 Bad Boys: Ride or Die		8.00 The Equalizer 3				10.00 The Punisher	
	310 DRAMA	◂ 6.00 The King's Speech		8.00 Schindler's List					
	311 SCI-FI	◂ 5.55 Annabelle: Creation		8.00 Ready Player One					10.25 The Core
	313 FILM4	◂ 6.15 Midway				9.00 Smile			
SPORT	401 MAIN EVENT	◂ 6.45 Football: WSL – Live: Manchester City v Manchester United			8.45 NFL – Live: Coverage of the third Divisional play-off match				
	402 PREMIER LEAGUE	◂ 4.00 Super...	7.30 Football: WSL – Live: Manchester City v Manchester United (Kick-off 6.45)				9.30 Transfer 360	10.00 Premier League Highlights	
	403 FOOTBALL	◂ 6.30 Football: WSL – Live: Manchester City v Manchester United (Kick-off 6.45)					9.30 WSL	10.00 EFL Highlights	
	404 CRICKET	7.00 Best of...	7.30 Women's ICC...	8.00 Big Bash League		9.00 SA20			
	410 TNT SPORTS 1	◂ 6.30 Serie A	7.30 Serie A – Live: Inter Milan v Empoli (Kick-off 7.45)					9.45 PL Big Interview	10.30 French...
	411 TNT SPORTS 2	◂ 6.30 Ultimate Pool		8.00 NBA – Live: Miami Heat v San Antonio Spurs (Tip-off 8.00)					10.30 NBA on Fire

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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Sunday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
7.45 **Match of the Day** (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Sunday Morning** New edition (S)
11.30 **Pilgrimage: The Road Through North Wales** (S)(R)(AD)
12.30 PM **Bargain Hunt** (S)(R)(AD)
1.15 **BBC News** (S)
1.30 **Songs of Praise** New edition (S)
2.05 FILM **The Book of Life** Animated adventure featuring the voices of Diego Luna and Zoe Saldaña. (S) (2014, U, 90min) ★★★★
3.35 **Gladiators** 1/11. Bradley and Barney Walsh return with the physical challenge contest. (S)(R)(AD)
4.35 **Blue Planet II** 2/7. Creatures that live in volcanic hot spots. (S)(R)(AD)
5.35 **BBC News** (S)
5.50 **Local News** (S)

8.00 Call the Midwife

6 PM

6.00 Countryfile
New edition Anita Rani and Joe Crowley host from Dartmoor, assisting a team from the Devon Wildlife Trust and visiting Fingle Woods to explore a large-scale restoration project. (S)

7 PM

7.00 Antiques Roadshow
Fiona Bruce presents the show from Swanage Pier on Dorset's Jurassic Coast, where treasures include dinosaur footprints, a pottery pelican and an Art Deco bronze sculpture. (S)(R)

8 PM

8.00 Call the Midwife
New episode 3/8. Rosalind requires all her skills when a disabled baby is delivered, whilst a gas explosion in an old tenement building shocks the community. (S14) (S)(AD)

9 PM

9.00 SAS Rogue Heroes
New episode 5/6. As John Tonkin tries to return to the unit, the men of the SAS receive a visit from General Montgomery. (S2) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 BBC News (S)
10.25 Local News (S)
10.30 Match of the Day 2
Mark Chapman presents today's Premier League action, including Manchester United v Brighton & Hove Albion and Ipswich Town v Manchester City. (S)
11.45 **The Women's Football Show** Highlights of the weekend's games in the Super League. (S)
12.35 AM **The Graham Norton Show** With actors Jamie Foxx, Cameron Diaz, Michelle Yeoh and Jonathan Bailey. Plus, Griff performs *Last Night's Mascara*. (S)(R)
1.25 **Weather for the Week Ahead** Seven-day forecast. (S)
1.30 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.45 AM **Countryfile** (S)(R)
7.45 **Breakfast** (S)
9.00 **Weatherman Walking** (S)(R)
9.30 **Saturday Kitchen Best Bites** New edition Series highlights. (S)
11.00 **Nigel and Adam's Farm Kitchen** Spicy chicken recipes. (S)(R)
12.00 NOON **This Farming Life** Soon-to-be-wed couple Martin and Mel introduce their newly purchased rams to their flock of ewes. (S)(R)
1.00 PM LIVE **Snooker: The Masters** Coverage of the first session of the final from Alexandra Palace in London. *Continues at 7.00pm*. (S)
4.00 **The Wonder of Animals** The complex communication skills of the dolphin. (S)(R)(AD)
4.30 **Flog It!** From Southsea. (S)(R)
5.15 **Ski Sunday** World Cup action from Cortina d'Ampezzo, Italy. (S)

10.00 The Shining

6.00 Inside the Factory
3/6. Paddy McGuinness travels to Lincoln to explore the surprising process of turning potato starch into 500 million packs of Quavers cheese curls every year. (S)(R)(AD)

7.00 LIVE **Snooker: The Masters**
Coverage of the second session of the final at Alexandra Palace in London, where the first player to reach 10 frames will be crowned champion. Ronnie O'Sullivan came back from 6-3 down against Ali Carter to win a record-extending eighth Masters title last year, also becoming the oldest player to win the title at the age of 48 years and 40 days. With commentary and analysis from Steve Davis, Ken Doherty, Shaun Murphy, John Parrott, Stephen Hendry and Dennis Taylor. (S)

10.00 FILM **The Shining**
Stanley Kubrick's adaptation of the Stephen King bestseller, starring Jack Nicholson and Shelley Duvall. A writer's job as a winter caretaker in a remote hotel puts his family in peril. (S) (1980, 15, 115min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.55 **Sign Zone: The Traitors** 7/12. The Faithful rush to gain some clarity after a murderous act. (S)(R)(AD)
12.55 AM **Sign Zone: Question Time** Fiona Bruce hosts the political debate from Northampton. (S)(R)
1.55 **Sign Zone: Silent Witness** *Homecoming – Part One:* 3/10. The team are drawn into a conspiracy. (S28) (S)(R)(AD)
2.55 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **The Masked Singer** (S)(R)(AD)
7.25 **James Martin's American Adventure** Lafayette. (S)(R)(AD)
8.25 **The Royal Beat** New edition (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition With Will Kirk and Claire Rushbrook. (S)
11.10 LIVE **Football: EFL** Leeds United v Sheffield Wednesday: Coverage of the Championship match from Elland Road. Kick-off at 12.00. (S)
2.15 PM FILM **The Croods** Animated comedy featuring the voices of Nicolas Cage and Emma Stone. (S)(AD) (2013, U, 110min) ★★★★
4.05 **Wheel of Fortune** (S)(R)(AD)
5.05 **The Chase Celebrity Special** Ortis Deley, Maggie Aderin-Pocock, Graeme Hall and Sarah Millican take part. (S)(R)(AD)

6.30 Dancing on Ice

6.05 ITV News (S)
6.20 Local News (S)
6.30 Dancing on Ice
New edition Holly Willoughby and Stephen Mulhern are back with the second live show in which five more celebrities and their partners take to the ice in the hope of avoiding the first elimination of the series. Jayne Torvill and Christopher Dean head up the judging panel alongside Ashley Banjo and Oti Mabuse. (S)

8.00 Ant & Dec's Limitless Win
New edition Married couple Arj and Charlotte are back to continue their game. Phil and Arainn, best pals from Northern Ireland, also take part. (S)(AD)

9.00 NEW SERIES **Out There**
1/6. Drama starring Martin Clunes. A man is forced to do a deal with the devil to protect his family and his livelihood. *See feature, page 4.* (S1) (S)(AD)
■ Continues tomorrow

10.00 ITV News (S)
10.15 The Dry
New episodes *Meetings:* 3/8. Tom tries to fly under the radar as he continues to hide the fact that he's lost his job. (S)(AD)
10.45 *Alternative Therapies:* 4/8. Shiv books an acupuncture session with Mina, but she has an agenda. (S2) (S)(AD)
■ Entire series on ITVX
11.25 **Long Lost Family** The stories of two women looking for siblings given up for adoption. (S)(R)(AD)
12.25 AM **Teleshopping**
3.00 **Ainsley's Fantastic Flavours** (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Wheel of Fortune** (R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.20 AM **The King of Queens** (S)(R)(AD)
7.10 **Frasier** 4-8/24. (S1) (S)(R)(AD)
9.25 **The Simpsons** (S)(R)(AD)
10.00 **Sunday Brunch** New edition With guests Harry Aikines-Aryeetey, Su Pollard and Tori Amos. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
2.00 **Four in a Bed** The competition begins at Cedarwood Holidays in St Keverne, Cornwall. (S)(R)
2.30 A visit to the Llawnroc Hotel in Gorran Haven, Cornwall. (S)(R)
3.00 A stay at The Olde Malthouse in Tintagel, Cornwall. (S)(R)
3.30 The final visit is to the Britannia Inn in Dorset. (S)(R)
4.00 The owners meet up. (S)(R)
4.30 **George Clarke's Adventures in Americana** 3/4. The architect heads to Florida. (S)(R)(AD)
5.35 **News** (S)

9.00 Celebrity Hunted

6.00 NEW SERIES **Mysteries of Stonehenge**
1/3. The first in a series of documentaries exploring places with a mysterious past through a combination of history, archaeology and mythology, beginning with a look at Stonehenge. (S)(AD)

7.45 The Great Pottery Throw Down
New edition 3/10. The 10 remaining potters attempt a children's toy Noah's ark and animals, followed by a surprise second challenge. Hosted by Siobhán McSweeney, with judges Keith Brymer Jones and Rich Miller. (S)(AD)

9.00 Celebrity Hunted
New edition 3/8. In Cardiff, a glammed-up pair of celebs make a daring raid on the doorstep of Hunter HQ, and in Leeds, one of the fugitives tries to smash a record. (S)(AD)

10.00 Celebrity Gogglebox
Famous faces appraise *Stranger Things, Hunted, Bargain Hunt, The1% Club* and *Celebrity Karaoke Club*. (S)(R)(AD)
10.55 **8 Out of 10 Cats Does Countdown**
Jon Richardson and Guz Khan take on Katherine Ryan and Joe Wilkinson. (S)(R)
12.00 M'T FILM **Valkyrie** Wartime thriller starring Tom Cruise, Kenneth Branagh and Bill Nighy. (S)(AD) (2008, 12, 120min) ★★★
2.00 AM **Jamie's One-Pan Wonders** (R)
2.25 **The Simpsons** (S)(R)(AD)
4.05 **Frasier** 16-19/24. (S9) (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.05 **Entertainment News** (S)
9.10 **NFL: End Zone** (S)
9.35 **Escape to the Farm with Kate Humble** Triple bill. (S)(R)
12.35 PM **Loch Lomond: A Year in the Wild** Double bill. (S)(R)
2.35 **Shetland: Scotland's Wondrous Isles** A look at Scalloway's annual fire festival. (S)(R) **3.35** Farmer Eric has the honour of judging the pre-sale show to crown the best ram of the day. (S)(R)
4.30 **Fawlty Towers: Funniest Moments & More** A celebration of John Cleese and Connie Booth's acclaimed sitcom, with contributions from fans, experts and supporting cast. (S)(R)

8.00 22 Kids & a Baby

6.00 **The Air Fryer Diet: Lose Weight, Cook Fast** 2/2. Cherry Healey tests a week's worth of calorie-controlled meals all made in an air fryer. (S)(R)
6.55 **News** (S)
7.00 **Holiday Scams: Don't Get Caught Out** Alexis Conran exposes the tricks and pitfalls of holiday scammers, talking to victims who are thousands of pounds out of pocket. (S)(R)
8.00 **22 Kids & a Baby** New edition Noel finds a discarded positive pregnancy test, and as the birth gets nearer, the new mum faces a bigger test when her partner has a pre-birth meltdown. (S)
9.00 **Rich House, Poor House** New edition A wealthy family swap homes and lives with a mother and her family. They discover the cost of living with disability on either side of the wealth divide. (S)
10.00 **When Holidays Go Horribly Wrong & Other Travel Nightmares** Michael Buerk narrates first-hand accounts of people who suffered disastrous vacations. (S)(R)
11.30 **Most Shocking Celebrity Moments** A countdown of the most shocking moments in Hollywood. (S)(R)
1.25 AM **PlayOJO Live Casino Show**
3.25 **The Kennedys: A Fatal Ambition** Documentary. (S)(R)
4.15 **Rich House, Poor House** (S)(R)
5.05 **Divine Designs** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **My Little Pony: Friendship is Magic** (S)(R)
6.50 **Where's Wally** (S)(R)
7.40 **Ultimate Magic Skills** (S)(R)
8.00 **Monkey Life** (S)(R)(AD)
8.30 **Sunday Morning with Trevor Phillips** Topical discussion. (S)
10.00 **The Office (US)** (S)(R)
11.30 **David Attenborough's Kingdom of Plants** (S)(R)(AD)
2.30 PM **The Simpsons** Six episodes of the animation, including at: **4.30** *Rednecks and Broomsticks:* Lisa accepts an invitation to join a Wiccan coven. (S)(R) **5.00** *Thursdays with Abie:* A columnist writes a series of stories about Grampa. (S)(R)
5.30 **Airborne** Series finale 4/4. Examining different navigation methods. (S)(AD)

5.30 Airborne

6.30 **LIVE Football: WSL** Manchester City v Manchester United: Coverage of the derby from the Etihad Stadium. England forward Jess Park scored a brace and provided an assist for Khadija Shaw in a 3-1 victory for City when these teams met here last season Kick-off is at 6.45.
9.30 **FILM RED 2** Action comedy sequel starring Bruce Willis, John Malkovich, Mary-Louise Parker and Helen Mirren. A bunch of retired spies try to track down a missing nuclear bomb. With Anthony Hopkins, Catherine Zeta-Jones and David Thewlis. (S) (2013, 12, 111min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.40 **Saturday Night Live** Satirical American sketch show. (R)
1.10 AM **Brassic** 2/6. The boys plan a heist at a strip club, but when things go awry they find their escape route is blocked by a colossal fatberg. (S1) (S)(R)(AD)
2.10 **Brit Cops: Rapid Response** Tracking down drug dealers. (R)
3.05 **Road Wars** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show (S) **1.30pm** Serie A Scots – Billy Gilmour & Scott McTominay (S)(R) **1.45** LIVE Sportscene: Scottish Cup Live (S) **4.30** Songs of Praise New edition (S) **5.05-5.35pm** Lost and Found in the Lakes New edition (S)(AD)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
4.35pm Chris Cooks Cymru (S)(R) **5.05-5.35pm** Legends of Welsh Sport: Colin Jackson – Record Breaker (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm NEW Tartan Tales (S) **10.30** Sunday Politics Northern Ireland (S)(R) **11.00** FILM The Shining (S)(AD) (1980, 15, 115min) ★★★★★ **12.55-1.55am** Sign Zone: The Traitors (S)(SL)(R)(AD)

WALES
Sky 968, Freesat 968
10.00pm NEW Finding Hope (S) **10.50** FILM The Shining: As N. Ireland. **12.45-12.55am** Meet the Bears (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Ty am Ddim **10.00** Antur y Gorllewin **11.00** Adre **11.30** Dechrau Canu Dechrau Canmol **12.00noon** Cymru Wyllt **1.00pm** Llond Bol O Sbaen **2.00** Efaciwis (AD) **3.00** Y Fets (AD) **3.30** Welsh Whisperer – Ni'n Teithio Nawr! (AD) **4.00** Yn y Fan a'r Lle (AD) **4.35** 6 Gwlad Shane ac Ieuan **5.35** Cefn Gwlad (AD) **6.10** Pobol y Cwm Omnibws (AD) **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol New edition **8.00** Priodas Pum Mil New edition **9.00** Ar y Ffin New episode (AD) **10.00** Ty Ffit **11.00-11.35pm** Pobol y Rhondda

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Nicola offers Jack a shoulder to cry on. **7.30** Reiss gets more than he bargained for.
8.00 **Top Gear** Chris Harris and Sabine Schmitz compete in a buggy race across the Californian desert.
9.00 FILM **Escape Room: Tournament of Champions** Horror sequel starring Taylor Russell. The survivors of a deadly game designed by a sinister corporation are dragged back into an even deadlier trap. (2021, 15, 88min) ★★
10.20 **People Just Do Nothing** 2/6. Miche needs to pass a hairdressing test. **10.50** 3/6. Steves faces a daunting eight-hour set. **11.20** 4/6. Beats' new friend causes friction. (S3)
11.50 **Drugs Map of Britain**
12.45 AM **Top Gear**
1.45 **Dubai Hustle**
2.15 **Ballers: Ball or Nothing**
2.45 **People Just Do Nothing**
3.45 **to 4.00** AM **Where It Ends**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Happy Birthday Abraham Lincoln: A Culture Show Special** Justin Webb explores the mystique surrounding the 16th US president.
8.00 **The Kennedys: A Culture Show Special** Jonathan Freedland chairs a discussion on John F Kennedy, while producer Joel Surnow talks about the mini-series *The Kennedys* and the controversy that engulfed it.
9.00 **Sir Simon Rattle at the Proms** The conductor takes to the Royal Albert Hall stage for his final UK performance as music director of the London Symphony Orchestra.
11.00 **Sir Simon Rattle at the BBC** The conductor's finest performances.
12.00 M'T **Sir Simon Rattle and the LSO at the Proms**
1.40 AM **Neglected Masterpieces: The Classical Collection**
2.40 **to 3.40** AM **Sir Simon Rattle at the BBC**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **A Place in the Sun**
2.40 PM **Come Dine with Me** Five editions of the culinary contest from Milton Keynes.
5.15 **Four in a Bed** The first visit of the week takes place at the Unicorn Inn in Ludlow. **5.50** The second visit is to the East Walls Hotel in Chichester, West Sussex. **6.20** From The Wheatsheaf in Sandbach, Cheshire. **6.50** The final stay of the week is at the Shawries Hotel in Blackpool.
7.25 **Four in a Bed** The owners meet up for the last time.
7.55 **PopMaster TV** Ken Bruce returns with the music quiz, with the first heat featuring five players testing their musical knowledge as they attempt to win a place in the Grand Final.
9.00 **999: On the Front Line** A paramedic crew and air ambulance are sent to help a woman with a large gaping wound on her leg after a fall.
10.00 **24 Hours in A&E** Focusing on the stories of patients whose visions of the world are rocked by life-changing events.
11.05 **Emergency Helicopter Medics** Documentary.
12.10 AM **999: On the Front Line**
1.15 **PopMaster TV**
2.20 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks Omnibus**
7.15 **Don't Tell the Bride**
9.20 **Ramsay's Kitchen Nightmares USA**
1.25 PM **The Big Bang Theory**
3.25 FILM **Dante's Peak** Disaster movie starring Pierce Brosnan and Linda Hamilton. A scientist tries to convince the inhabitants of a small town that a long dormant volcano is about to erupt. With Jamie Renée Smith and Jeremy Foley. (1997, 12, 108min) ★★★
5.30 **The Simpsons** Seven episodes, including at: **8.00** *Now Museum, Now You Don't:* Lisa fantasises about the history of Western art. **8.30** *Treehouse of Horror XXXI:* Bart's toys take up arms against him.
9.00 FILM **Passengers** Sci-fi drama starring Jennifer Lawrence and Chris Pratt. Two travellers on a spaceship are woken 90 years before the end of their colonisation mission. (2016, 12, 116min) ★★★
11.15 **Gogglebox**
12.20 AM **Open House: The Great Sex Experiment**
1.20 **Naked Attraction**
2.25 **First Dates**
3.20 **Ramsay's Kitchen Nightmares USA**
4.05 **Modern Family**
4.30 **to 6.00** AM **Hollyoaks Omnibus**

+1 hour 235/236 | 306 | 30 | 123

Sunday primetime

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 807 110 341 356

6.00 AM **UK Border Force**
8.00 **Border Security: America's Front Line** Double bill.
9.00 **Stop, Search, Seize**
10.00 **Border Security USA**
11.00 **Paramedics Australia**
12.00 NOON **The Real A&E** Four editions, including at: **1.00** PM The team come to the aid of a 13-year-old cyclist who has been hit by a car. **1.30** The team race to the scene of a motorbike crash.
2.00 **Nothing to Declare** Ten editions of the documentary.

9.00 Law & Order: SVU

7 PM **7.00** **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM **8.00** **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM **9.00** **Law & Order: Special Victims Unit** *Dead Ball:* 7/22. Benson tries to save a case against a sports star from falling through. (S24)

10 PM **10.00** **Matlock** *No, No Monsters:* 8/10. Matty helps a nanny who has been fired on suspicion of harming the children in her care. (S1)
11.00 **Fire Country** 19/22. The crew respond to a blaze at a wellness retreat. (S1)
12.00 M'T **FBI: International** 20/21. The team head to Berlin. (S1)
1.00 AM **For Life** 4/13. (S1)
2.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Urban Secrets** Double bill.
10.10 **The Sopranos** 8-12/13. (S4)
3.35 PM **Boardwalk Empire** 2/8. Nucky is knocked back by a group of financiers. **4.40** 3/8. Margaret faces a dilemma as a result of her association with Rothstein. **5.45** 4/8. Nucky and Margaret face a shared dilemma in Atlantic City. **6.50** 5/8. Chalky returns to Atlantic City and Capone looks to relocate his operation. (S5)

10.10 The Wire

7.55 **Boardwalk Empire** *Devil You Know:* 6/8. Federal agents enlist Eli and Van Alden to help take down Capone while Chalky crosses paths with Narcisse in Harlem. (S5)

9.00 **Lockerbie: A Search for Truth** 3/5. After 12 years, the trial finally begins, but as it unfolds Jim Swire begins to question the evidence. (S1)

10.10 **The Wire** *Moral Midgetry:* 8/12. Brianna and McNulty sit down for a heart-to-heart. (S3)
11.15 **The Time Traveler's Wife**
12.20 AM **Succession** 3/10. The Roy family are forced to confront a series of crises. **1.25** 4/10. The family attend an annual company gala. (S1)
2.40 **Gomorrah** 4/12. (S3)
3.45 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **MacGyver** 5-7/13. (S4)
9.00 **S.W.A.T.** 10-14/18. (S4)
2.00 PM **Grimm** 5/22. Nick and Hank investigate the death of a music teacher eaten by rats. **3.00** 6/22. A mysterious female biker has a connection to a series of explosions. **4.00** 7/22. A length of hair provides a clue to the murder of a drug dealer. **5.00** 8/22. An escaped convict seeks revenge. (S1)
6.00 **Stargate Origins: Catherine** Sci-fi spin-off starring Ellie Gall.

9.00 A League of Their Own

7 PM **Stargate Origins: Catherine** (started at 6.00pm)

8 PM **8.00** **Flintoff: Lord of the Fries** 6/6. The duo meet Rob's cycling heroes Mark Cavendish and Bradley Wiggins in Liverpool.

9 PM **9.00** **A League of Their Own** Romesh Ranganathan hosts the quiz, with guests Luke Littler, Tom Davis and Alex Brooker.

10 PM **10.00** **Rob Beckett's Smart TV** With guests Roman Kemp, Kiell Smith-Bynoe and David Morrissey.
10.50 **The Walking Dead: The Ones Who Live** *Gone:* 2/6. Michonne finds help from an unexpected source. (S1)
12.00 M'T **The Force: Manchester**
1.00 AM **Brassic** 2/6. (S1)
2.00 **Brit Cops: Rapid Response**
3.00 **Road Wars**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **Secret Crush** Double bill.
11.05 **Ant & Dec's Limitless Win**
12.05 PM **The Masked Singer**
1.30 **FILM Sing 2** Animated comedy sequel with the voice of Matthew McConaughey. (2021, PG, 110min) ★★★★
3.45 **FILM Fantastic Beasts and Where to Find Them** Harry Potter prequel starring Eddie Redmayne and Colin Farrell. (2016, 12, 133min) ★★★★

1.30 Sing 2

7 PM **6.20** **FILM Fantastic Beasts: Crimes of Grindelwald** Fantasy starring Eddie Redmayne and Jude Law. Newt Scamander tries to scupper a sorcerer's plans of raising pure-blood wizards to rule over all non-magical beings. (2018, 12, 134min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Love Island: All Stars** New edition The second week continues with another day in paradise.

10 PM **10.05** **Family Guy** 17/20. Lois's piano student comes to work for the Griffins. **10.35** 18/20. Peter and Chris go to Canada. (S20)
11.05 **Family Guy** 11/20. (S20)
11.35 **American Dad!** (S17)
12.30 AM **The Emily Atack Show**
1.15 **The Stand Up Sketch Show**
1.45 **Sex Lives of College Girls**
2.20 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Inspector Morse**
10.40 **The Durrells** Double bill.
12.40 PM **Doc Martin** 2/9. Louisa has a chance of promotion. (S2)
1.40 **A Touch of Frost** *True Confessions:* A murder case leads to DI Frost's suspension.
3.50 **Lewis** *Old School Ties:* A student and a well-known criminal are murdered.
5.50 **The Darling Buds of May** 1/6. Part one of two. Primrose falls for a roofing contractor, and the twins prove too much of a handful for their school. (S3)

9.00 Rosemary & Thyme

7 PM **6.55** **The Darling Buds of May** 2/6. Part two of two. The twins abscond from boarding school, but Pop brings them back. (S3)

8 PM **8.00** **Doc Martin** *Blood Is Thicker:* 3/9. Al discovers that Bert may not be his father and goes in search of the truth. (S2)

9 PM **9.00** **Rosemary & Thyme** *The Language of Flowers:* The duo's client at a health spa is strangled and her jewellery stolen.

10 PM **10.05** **Vera** *Little Lazarus:* DCI Vera Stanhope finds a kindred spirit in the son of a murdered woman and comes to realise the key to the case is hidden deep in his memory.
12.00 M'T **Lewis** As 3.50pm.
2.00 AM **Bless This House** *Remember Me?* Sid is hounded after he receives a bonus.
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **For Peat's Sake** A look at peat-cutting season on the Isle of Lewis.
7.45 **Rewind 1980s** A look back at 1986.
8.00 **Grand Tours of Scotland's Lochs** Paul Murton hears tales of Scotland's last outlaw at Loch Quoich.
9.00 **Paramedics on Scene** 2/10. An Aberdeen crew deal with three alcohol-related calls in one shift.
10.00 **Still Game** 3/6. Methadone Mick receives a makeover. (S7)
10.30 **Best of Chewin' the Fat** Highlights show.
11.00 **The Sunday Show** The main issues from the world of politics.
11.30 PM **to 12.00** M'T **The Trials That Shocked Scotland** Two high-profile murder cases.

Sky Comedy

114/115 814 112 347 362

8.00 AM **The Conners** (S2)
9.50 **Silicon Valley** (S2&3)
12.45 PM **Entourage** (S4)
3.30 **Ballers** 6-10/10. (S2)
6.35 **The Office (US)** 8/26. Michael is mocked for falling into a koi pond during a sales pitch. **7.00** 9/26. Jim and Pam go on a double date. **7.30** 10/26. Michael decides to set up a murder-mystery game. **8.00** 11/26. Michael takes Dwight, Andy and Oscar to New York. **8.30** 12/26. Jim hopes an Employee of the Month award will raise spirits in the office. (S6)
9.00 **Saturday Night Live** New edition Satirical American sketch show.
10.30 **Rosie Molloy Gives Up Everything** 5&6/6. (S1)
11.30 **Saturday Night Live**
1.00 AM **And Just Like That...**
2.40 **Sex and the City** (S3)
3.50 **to 5.00** AM **Flight of the Conchords**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Classic FM Live – Great British Classics**
8.00 **Tales of the Unexpected**
10.30 **Alfred Hitchcock Hour**
1.30 PM **Discovering: Peter Ustinov**
2.30 **FILM Appointment with Death** Mystery. (1988, PG, 108min) ★
4.20 **Sheryl Crow: Miles from Memphis**
6.45 **42nd Street**
9.00 **FILM Sherlock Holmes Faces Death** Vintage mystery thriller. (1943, b/w, U, 68min) ★★
10.20 **Electric Light Orchestra: Live – The Early Years** Highlights from three concerts in the 1970s.
11.20 **Electric Light Orchestra: Discovery**
12.20 AM **The Moody Blues Live at the Isle of Wight**
2.00 **NEW The Lost Music of Auschwitz**
3.30 **Eric Ravilious: Drawn to War**
5.05 **to 6.00** AM **Classic Albums**

Sky Mix

151 135 11 141

6.00 AM **Border Patrol**
8.00 **Madagascar: A Little Wild** Animation.
8.25 **Alvinnn!!! and the Chipmunks** Double bill.
8.50 **Pooch Mooch**
9.00 **Monkey Life**
11.30 **Highway Cops**
12.00 NOON **Stop, Search, Seize** Documentary.
1.00 PM **Road Wars**
3.00 **Nothing to Declare**
5.00 **Highway Cops**
6.00 **Road Wars**
8.00 **Nothing to Declare**
9.00 **Britain's Most Evil Killers** The crimes of double-murderer Stephen Farrow. **10.00** The life and crimes of rapist and killer Victor Farrant.
11.00 **Snapped**
12.00 M'T **Caught on Dashcam**
1.00 AM **Brit Cops: Rapid Response** Documentary.
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **The Real Housewives of Jersey** Reality series.
9.10 **Gino's Italy: Secrets of the South** Double bill.
10.15 **Scott's Vacation House Rules** Double bill.
12.10 PM **Real Housewives of New Jersey** Five editions.
4.55 **Gary Barlow's Wine Tour: South Africa**
6.00 **Dermot O'Leary's Taste of Ireland**
7.00 **Inside M&S**
8.00 **FILM What to Expect When You're Expecting** Ensemble comedy starring Cameron Diaz. (2012, 12, 105min) ★★
10.10 **Totally Unbelievable: Celebrity Holiday Hotspots** Getaways.
11.15 **Botched** Medical series.
12.10 AM **Dr. 90210**
1.05 **Buying the View**
1.30 **Teleshopping**
3.30 **to 6.00** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Highway to Heaven**
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the drama, including at: **6.00** *TUnauthorised Obituary:* A best-selling author is murdered. **7.00** *Thicker Than Water:* Metzger's brother is accused of murder. **8.00** *Lines of Excellence:* Jessica enrols at a corrupt computer school.
9.00 **A Case of Murder: Garage Sale Mystery** Drama with Lori Loughlin and Sarah Strange.
10.55 **The Beach Murders: Garage Sale Mystery** Drama with Lori Loughlin and Chiara Zanni.
12.50 AM **The New Avengers**
3.00 **Randall and Hopkirk (Deceased)** 19/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Motorsport Mundial**
6.30 **Auto Mundial**
7.00 **The Best of Saint & Greavsie**
8.00 **The Motorbike Show**
9.00 **World of Sport**
9.20 **EFL Highlights**
10.55 **Cadfael** 3/4. (S1)
12.35 PM **River Monsters**
1.05 **The Derby Through the Years** Memorable stagings.
1.30 LIVE **Racing** From Windsor, Fakenham and Thurles.
4.00 **Great Racehorses**
4.25 **Sharpe** 1/3. (S2)

9.00 Mission: Impossible III

6.45 FILM **From Russia with Love** James Bond adventure starring Sean Connery. British secret service agent 007 helps a Russian woman defect from Istanbul. With Daniela Bianchi. (1963, PG, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 FILM **Mission: Impossible III** Action spy thriller sequel with Tom Cruise, Philip Seymour Hoffman and Michelle Monaghan. Secret agent Ethan Hunt tries to free his kidnapped wife from an arms dealer. (2005, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 FILM **Jaws 2** Thriller sequel. (1978, PG, 115min) ★★★
1.40 AM **Grand Fishing Adventure**
2.35 **Auto Mundial**
3.00 **Teleshopping**
3.30 **The Protectors**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Deep Space Nine**
1.00 PM **Star Trek: Deep Space Nine** 14-16/26. Triple bill. (S5)
4.00 **Stargate SG-1** 21/22. Part one of two. O'Neill risks his life in an attempt to stop Anubis destroying Earth. **5.00** 22/22. Part two of two. Anubis begins a systematic assault on Earth. (S7) **6.00** 1/20. Part one of two. Carter and Teal'c try to find the Asgard to cure O'Neill. (S8)

9.00 Grimm

7.00 **Stargate SG-1** *New Order – Part Two:* 2/20. The Goa'uld threaten to attack Earth.

8.00 **Stargate SG-1** *Lockdown:* 3/20. A Russian Air Force colonel falls ill shortly after joining the SGC. (S8)

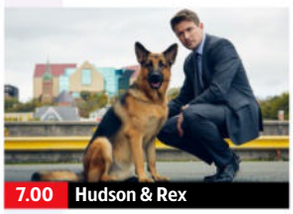
9.00 **Grimm** *The Three Bad Wolves:* 6/22. A mysterious female biker has a connection to a series of explosions.

10.00 **Grimm** *Let Your Hair Down:* 7/22. A length of hair at a crime scene provides a clue to a drug dealer's murder. (S1)
11.00 **Grimm** 8-10/22. (S1)
2.00 AM FILM **Bullet Train Down** Action thriller starring Tom Sizemore and Rashod Freelove. On its maiden run, the world's fastest bullet train is rigged with a bomb that will explode if it dips below 200mph. (2022, PG, 86min) ★★
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown**
4.00 PM **Shakespeare & Hathaway: Private Investigators** 1/10. Frank encounters an old enemy when he and Lu are hired to help close down a bingo hall. Guest stars Jim Moir. **5.00** 2/10. A washed-up rock star believes that the Devil is trying to kill him. (S3)
6.00 **Beyond Paradise** 2/6. Humphrey investigates a family's disappearance. (S1)


7.00 Hudson & Rex

7.00 **Hudson & Rex** *Impawster Syndrome:* 9/16. Jesse becomes the prime suspect in a bank robbery.

8.00 **Hudson & Rex** *Blood and Diamonds:* 10/16. A raw diamond is discovered at the scene of a murder. (S4)

9.00 **Father Brown** *The Hermit of Hazelnut Cottage:* Brenda becomes caught up in a local dispute that ends in murder.

10.00 **Far North** 2/6. The stranded crew ration their remaining food and water carefully, while waiting to be rescued. (S1)
11.00 **Death in Paradise** 7/8. The team must prove Neville's innocence after Professor Cartwright's murder. Guest stars Robert Webb. (S12)
12.00 M'T **Hudson & Rex** As 7pm.
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.15 AM **The Two Ronnies**
9.05 **Only Fools and Horses**
1.00 PM **Only Fools and Horses** Nine episodes, including at: **5.00** The run-down state of Nelson Mandela House prompts Rodney to join the residents' committee – a situation Del tries to exploit. **5.40** Rodney tires of being Del's dogsbody and decides to set up a rival business. **6.20** Del Boy's latest scheme to make a million involves a spot of salmon-poaching.

8.20 Only Fools and Horses

7.00 **Only Fools and Horses** Del Boy falls for a glamorous antiques dealer.
7.40 **Dad's Army** A daring bid to rescue Walker and Godfrey goes wrong.
8.20 **Only Fools and Horses** Rodney unwittingly causes a family crisis when he brings home a stranger.

9.00 **Billy Connolly Does...** Billy ponders the best approach to growing old, and discusses his numerous health scares.

10.00 **Only Fools and Horses** Rodney tries to help a drunken woman. **10.40** The Trotters agree to do a spot of decorating for Denzil.
11.20 **Alison & Larry: Billericay to Barry** Alison and Larry get lost in the maze at Blenheim Palace and try puppet-making with actor Robert Wilfort.
12.20 AM **Inside No 9**
1.40 **to 4.00** AM **Toast of London**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Survivor South Africa**
8.00 **Storage Hunters UK**
9.30 **Speed with Guy Martin**
11.00 **Top Gear** Double bill.
1.00 PM **American Pickers**
3.00 **Gino's Italian Escape: Hidden Italy** Gino D'Acampo explores Piedmont.
3.30 **Gino's Italian Coastal Escape**
5.00 **Motorhoming with Merton & Webster** Paul Merton and Suki Webster visit Somerset.
6.00 **The Lakes with Simon Reeve** The adventurer explores the rugged coast of Cumbria.

6.00 The Lakes

7.00 **Special Ops: To Catch a Criminal** New edition Officers investigate a puppy farming operation. ■ Entire series on U

8.00 **QI XL** Host Sandi Toksvig discusses tea time with panellists Alan Davies, Rosie Jones, Ahir Shah and Henning Wehn.

9.00 **Have I Got a Bit More News for You** Alexander Armstrong hosts the satirical quiz, with Munya Chawawa and Jo Brand.

10.00 **QI XL** With guests Sheila Hancock, Jimmy Carr and Jeremy Clarkson.
10.35 **Mock the Week** With Greg Davies, Andi Osho and Stewart Francis.
11.15 **Mock the Week** With Josh Widdicombe, Milton Jones, Ed Byrne and Chris Ramsey.
11.55 **Red Dwarf** Triple bill.
1.55 AM **Survivor South Africa**
2.45 **to 4.00** AM **Meet the Richardsons**

+1 hour 211/212 327 74

Sunday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
1.00 PM **Four in a Bed**
2.00 **A Place in the Sun** Six editions, including at: **6.00** A couple seek their dream holiday home in Nerja, Spain. **7.00** A couple seek a holiday home in Lower Normandy, France.
8.00 **Grand Designs Revisited** A fortress-like home on the edge of the West Pennine Moors.
9.00 **24 Hours in A&E** Compilation of classic moments from the series.
10.00 **24 Hours in Police Custody: The Norfolk Narco Cartel** A major police operation leads to the seizure of drugs.
11.15 **Sean Lock: Keep It Light** Stand-up comedy.
12.20 AM **Gogglebox 2023**
2.20 **Celebrity Gogglebox**
3.20 **8 Out of 10 Cats Does Countdown**
4.25 **to 4.50** AM **Travel Man: 48 Hours in Rotterdam**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S5)
1.05 PM **NCIS** Eight episodes of the series, including at: **7.00** *Sandblast:* 7/24. A Marine colonel is killed in an explosion. **8.00** *Once a Hero:* 8/24. A former Marine falls to his death from a hotel balcony. (S4)
9.00 **Criminal Minds** *Nelson's Sparrow:* 13/23. The death of one of their own causes the agents to return to a cold case. (S10)
10.00 **Law & Order: Special Victims Unit** *Trophy:* 7/24. A woman's body is discovered at an industrial laundry. (S12)
11.00 **Law & Order: Special Victims Unit** (S12&11)
1.50 AM **Criminal Minds**
2.50 **Law & Order** (S17)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Dogs Behaving (Very) Badly Australia**
11.00 **Dogs Behaving (Very) Badly** Double bill.
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** A pursuit ends with devastating results. **6.00** Officers search for suspects in a shooting. **7.00** Steve is involved in a high-speed pursuit. **8.00** A dog handler attends a stand-off.
9.00 **Police: Suspect No 1** A series of burglaries targeting the elderly.
10.00 **Making a Serial Killer** New edition The story of Jason Thomas Scott.
11.00 **Murdered for Revenge**
12.00 M'T **Dexter** 1&2/12. (S1)
2.10 AM **GPs: Behind Closed Doors** Medical series.
3.00 **Casualty 24/7: Every Second Counts**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.10 **Car Pound Cops**
9.40 **Trucking Hell**
1.45 PM FILM **Star Trek VI: The Undiscovered Country** Sci-fi action adventure sequel. (1991, PG, 109min) ★★★★
4.00 FILM **Star Trek: Generations** Sci-fi adventure. (1994, PG, 118min) ★★★
6.20 FILM **Waterworld** Sci-fi action adventure starring Kevin Costner. (1995, 12, 134min) ★★★
9.00 FILM **Demolition Man** Sci-fi action thriller starring Sylvester Stallone, Wesley Snipes and Sandra Bullock. (1993, 15, 114min) ★★★
11.15 FILM **The Delta Force** Action thriller starring Chuck Norris, Martin Balsam and Lee Marvin. (1986, 18, 129min) ★
2.00 AM **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Tipping Point**
11.00 **My Family**
1.00 PM **My Family**
3.00 **Outnumbered**
7.00 **Inside the Operating Theatre** Teenager Nathan has two of his twisted teeth extracted. **8.00** Jonathan has a camera put inside his lungs to find out whether he has cancer.
9.00 **Nurses on the Ward** Renal nurse Neil treats a dialysis patient with a blood clot on the brain. **10.00** Cardiac nurse Rebecca prepares for an emergency admission.
11.00 **The Good Fight** 5/10. A writer sues the network for cancelling his episode of a TV show. **12.05** AM 6/10. The firm land Chumhum mogul Neil Gross as a new client. (S1)
1.15 **to 3.00** AM **MasterChef Canada**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **The Bill**
12.10 PM **Lark Rise to Candleford** Double bill.
2.50 **Catherine Cookson's A Dinner of Herbs** 2/2. Drama starring Billie Whitelaw and Tim Healy.
6.00 **Home Fires** 1/6. Drama starring Samantha Bond. **7.00** 2/6. Frances and Joyce battle for leadership. (S1)
8.00 **Sister Boniface Mysteries** *Dem Bones:* 7/10. Human bones are discovered in Edie's allotment plot. (S1)
9.00 **Silent Witness** *Family:* The team are called out on Christmas Day to look into a shooting spree.
11.10 **Rebus** *The Hanging Garden:* The detective's daughter is almost killed.
1.20 AM **Rebellion**
2.35 **Home Fires**
3.25 **to 4.00** AM **Birds of a Feather**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** In Merseyside.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **Dr Pimple Popper**
11.00 **The Bad Skin Clinic**
1.00 PM **Helicopter ER**
3.00 **A Place in the Sun**
8.00 **Dr Pimple Popper** Debra has a large, brainlike growth on the side of her head that has crevices and emits an odour. **9.00** Tamyra has skin so thick she shaves the bottom of her feet. **10.00** Jaclyn has a lump on the back of her head that causes her emotional distress. **11.00** Stacey seeks help with her shoulder growth.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge

145 139 48 142

7.00 AM **Scrapheap Challenge** Triple bill.
10.00 **The Crystal Maze**
11.00 **Play Your Cards Right**
12.00 NOON **Dickinson's Real Deal** From Sherborne.
1.00 PM **Lily Savage's Blankety Blank**
3.00 **Through the Keyhole**
4.00 **Cash Trapped**
5.00 **The Chase Celebrity Special** Edwina Currie, Rachel Riley, Keith Duffy and Mark Charnock compete for charity. **6.00** With Matt Dawson, Jack P Shepherd, Jimmy Carr and Sally Bercow.
7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
9.00 **The Family Chase** The Mulligan family from Co Armagh compete.
10.00 **The Chase** Six editions of the quiz show.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 426 42

8.00 AM **Wild West Chronicles** Western.
8.30 **Wanted: Dead or Alive**
9.00 **Snipers** Documentary.
10.10 FILM **Waterloo** Drama. (1970, U, 132min) ★★★
1.00 PM **Wanted: Dead or Alive** Triple bill.
2.30 FILM **The Tall T** Western. (1957, PG, 78min) ★★
4.15 FILM **The Big Trail** Western drama. (1930, b/w, U, 117min) ★★
6.45 FILM **The Fighting Kentuckian** Western. (1949, b/w, U) ★★★
9.00 FILM **Flight of the Phoenix** Adventure. (2004, 12, 113min) ★★★
12.00 M'T FILM **Mercenary for Justice** Thriller. (2006, 18, 91min) ★★
2.05 AM FILM **The Philadelphia Experiment** Mystery. (2012, 15, 89min) ★★
4.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.10 AM FILM **Woman on the Edge** Thriller. (2018, PG, 89min) ★★
11.10 **Click and Collect** Festive comedy.
12.25 PM FILM **Goosebumps** Fantasy adventure. (2015, PG, 103min) ★★★
2.45 FILM **Australia** Baz Luhrmann's adventure. (2008, 12, 158min) ★★★
6.05 FILM **Angels & Demons** Thriller with Tom Hanks. (2009, 12, 138min) ★★
9.00 FILM **Predators** Sci-fi action adventure sequel starring Adrien Brody. (2010, 15, 102min) ★★★
11.15 FILM **Cell** Sci-fi thriller. (2014, 15, 95min) ★★★
1.20 AM FILM **Lost Letter Mysteries: The Vows We've Made** Thriller. (2021, PG, 86min) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM FILM **Cradles for Cash** Thriller. (2019, 12, 90min) ★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM FILM **Designed with Love** (2020, PG) ★★
10.05 FILM **Love at the Parade** Drama. (2012, PG) ★★
12.00 NOON FILM **Picture Perfect Romance** Drama. (2022, U) ★★
1.55 PM FILM **Hometown Hero** Romantic drama. (2016, PG, 90min) ★★
3.45 FILM **Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★
5.45 FILM **Love by Accident** Drama. (2020, PG) ★★
7.45 FILM **The Way to the Heart** Comedy drama. (2022, PG, 86min) ★★
9.45 FILM **Harvest Love** Romantic drama. (2017, PG, 84min) ★★
11.40 FILM **Unleashing Mr Darcy** Romantic drama. (2016, PG, 95min) ★★
1.45 AM **Highway to Heaven**
2.55 **to 5.00** AM FILM **The Secret Sauce** Comedy. (2021, PG, 90min) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Flash Gordon's Trip to Mars** 13-15/15. (S1)
7.15 **Flash Gordon: Space Soldiers**
7.40 **Auto Rewind**
7.55 **Roobarb**
8.00 **I Dream of Jeannie**
9.30 **Watching** 3-7/9. (S4)
12.00 NOON **Department S**
3.00 PM **Married... with Children** 9-11/13. (S1)
4.30 **Bust** 2/6. (S1)
5.30 **I Dream of Jeannie** (S1)
7.00 **The Charmer** (S1)
9.00 **Police Woman** *Sidewinder:* 15/22. A group of war veterans turn to crime. (S1)
10.00 **Department S** *The Duplicated Man:* 9/20. A double agent fakes his own death. (S2)
11.00 **Department S** (S2)
1.00 AM **Stereo Underground**
2.00 **Bubblegum & Cheese**
3.00 **Stereo Underground**
4.00 **That's My Dog**
5.00 **to 6.00** AM **Hancock**

DMAX

159 169 39 147

6.00 AM **Alaskan Bush People** Four editions.
10.00 **Junkyard Empire**
2.00 PM **Wheeler Dealers**
7.00 **Expedition Bigfoot** In Kentucky, Mireya and Ronny encounter unidentified creatures. **8.00** Bryce finds a photo of a human-like hand with claws.
9.00 **UFO Witness** Ben and Melissa investigate a strange connection. **10.00** Alarmingly advanced UFOs that may pose a threat to the future of humanity.
11.00 **Expedition X** Phil and Jessica visit Lake Lanier. **12.00** M'T The team investigate a series of cattle mutilations. **1.00** AM America's most haunted town.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Man v Food**
11.00 **James Martin's United Cakes of America**
2.00 PM **James Martin's Islands to Highlands**
3.00 **The Great British Bake Off** Four editions.
9.00 **Adam Richman Eats Football** Adam explores the matchday food culture surrounding Liverpool FC.
9.30 **Adam Richman Eats Britain** In south Wales, Adam samples Glamorgan sausage.
10.00 **Paul Hollywood: City Bakes** Paul visits the Belgian city of Antwerp. **11.00** The baker heads to historic Sicilian capital of Palermo. **12.00** M'T Paul visits Hollywood for the very first time, and he explores the Los Angeles baking scene.
1.00 **to 3.00** AM **Cake Boss**

+1hour 240/241 154

Legend

148 149 41 137

7.00 AM **The Twilight Zone**
8.00 FILM **Firequake** Sci-fi disaster movie. (2014, 12, 90min) ★
10.00 **Six Million Dollar Man**
3.00 PM **Category 7: The End of the World**
6.30 FILM **Showdown** Western starring Rock Hudson and Dean Martin. (1972, PG, 99min) ★★
8.30 **The Twilight Zone** (S3)
9.00 FILM **Deepwater Horizon** Fact-based drama starring Mark Wahlberg and Kurt Russell. (2016, 12, 105min) ★★★★
11.10 FILM **Acts of Violence** Crime drama with Bruce Willis and Cole Hauser. (2018, 15, 86min) ★★
1.00 AM FILM **Fortress** Action thriller starring Chad Michael Murray. (2021, 15, 99min) ★★
2.55 **to 4.55** AM FILM **An Eye for an Eye** Thriller. (1981, 15, 106min) ★

Legend Xtra

317 171 69 138

6.00 AM FILM **The Day of the Triffids** Sci-fi chiller. (1962, 12, 95min) ★★
8.00 FILM **Jurassic Hunters** Thriller starring Rib Hillis. (2015, PG, 89min) ★★
10.00 FILM **A Study in Terror** Thriller with John Neville. (1965, 15, 91min) ★★★
12.00 NOON FILM **Super Cyclone** Disaster movie. (2012, 12, 90min) ★
2.00 PM FILM **Warlords of Atlantis** Adventure. (1978, PG, 96min) ★★
4.00 **Star Trek** 8-12/30. (S1)
9.00 FILM **Dr Jekyll and Sister Hyde** Horror chiller starring Martine Beswick and Ralph Bates. (1971, 18, 94min) ★★★
10.55 FILM **The Blood on Satan's Claw** Horror starring Patrick Wymark. (1970, 18, 93min) ★★★
1.00 **to 3.00** AM FILM **Villain** Crime drama. (2019, 18, 97min) ★★★

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Hardcore Pawn**
8.00 **Auction Hunters: Pawn Shop Edition**
10.00 **Alien Files: Unsealed**
11.00 **In Search of Aliens**
12.00 NOON **UFOs: The Lost Evidence** Documentary.
1.00 PM **Mysteries from Above** Six editions.
7.00 **Secrets of Great British Castles** The history of Cardiff Castle.
8.00 **The Curse of Oak Island** The team members are shocked to discover evidence of an ancient safe.
9.00 **Secrets of the Lost Liners** A look at the *Empress of Britain*.
10.00 **Medieval Dead** The origins of a hill fort.
11.00 **Traitors** Vladimir Vetrov.
12.05 AM **History's Greatest Mysteries** Documentary.
1.05 **Breaking Mysterious**
2.00 **The Liquidator**
3.00 **to 6.00** AM **Flipping Bangers**

5SELECT

153 138 46 133

9.00 AM **Aldi vs Lidl: Which Tastes Better?**
10.00 **ASDA: What's Gone Wrong?** Documentary.
11.00 **Columbo** Five episodes of the drama, including at: **7.00** PM *Uneasy Lies the Crown:* A dentist plans to poison his wife's lover and make it look like she killed him.
9.00 **The Sinking of the Costa Concordia: Collision at Sea** The story of the 2012 disaster.
10.00 **The Sinking of the Costa Concordia: Secrets of the Wreck** Documentary examining the rescue operation.
11.00 **Tony Robinson's History of Britain** 2/4. The actor explores the lives of people from the Edwardian era.
12.00 M'T **Inside the Tower of London** Four editions.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **My Lottery Dream Home** Six editions.
10.00 **Escape to the Country**
1.00 PM **Escape to the Country** A multilingual couple search for a property in Herefordshire. **2.00** A couple of returning ex-pats search for a home in Somerset. **3.00** A couple with £875,000 to spend seek a home in Dorset. **4.00** A couple look for a home in Worcestershire. **5.00** Searching for a home in North Yorkshire. **6.00** A couple look for a property in north Wales.
7.00 **A Place in the Sun** A couple from south Wales search for a holiday home in Florida.
8.00 **A Place in the Sun** Five further editions of the property series.
1.00 **to 4.00** AM **Bargain Mansions**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Curvy Brides Boutique** Reality series.
8.00 **Say Yes to the Dress: UK** Double bill.
9.00 **Say Yes to the Dress**
10.00 **Outdaughtered: Busby Quints**
12.00 NOON **Extreme Cheapskates**
1.00 PM **My 600lb Life**
5.00 **1000-lb Sisters**
6.00 **Sister Wives**
7.00 **Good Bones** Mina and Karen strip down an eyesore of a house.
8.00 **The Bad Skin Clinic** Featuring Rosie, who has an unsightly lipoma.
9.00 **Dr Pimple Popper**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Dr Pimple Popper**
3.00 **Sex Sent Me to the ER**
4.00 **Good Bones**
5.00 **to 6.00** AM **Curvy Brides Boutique**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Friends** (S7&8)
1.00 PM **Friends** (S8)
6.50 FILM **Sweet Home Alabama** Romantic comedy starring Reese Witherspoon, Josh Lucas and Patrick Dempsey. (2002, 12, 109min) ★★★
9.00 FILM **Hitch** Romantic comedy starring Will Smith and Eva Mendes. A smooth-talking man forges a career as a professional 'date doctor', offering advice to lonely single guys – but when he falls in love, he discovers his expertise counts for nothing. With Kevin James. (2005, 12, 118min) ★★★
11.20 **Mike Judge's Beavis and Butt-Head** (S2)
1.20 AM **Whose Line Is It Anyway? USA**
4.05 **Beavis and Butt-Head**
4.15 **to 5.00** AM **Guessable?**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Criminally Funny**
4.30 PM **Whose Line Is It Anyway? USA**
7.00 **Friends** 2/24. Convinced Phoebe is pregnant, Joey proposes to her so she won't have to be a single mother. **7.30** 3/24. Rachel reveals the identity of the father of her baby. **8.00** 4/24. Ross and Rachel argue about why they slept together. **8.30** 5/24. Ross learns Rachel has a date. **9.00** 8/24. Rachel finally tells her father she is pregnant. **9.30** 15/24. Monica prepares a Valentine's Day surprise. (S8)
10.00 **Friends** (S8)
2.00 AM **New Girl** (S2)
3.00 **The Daily Show**
5.00 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Digman!**

Sky Replay

152 156

7.00 AM **The Real A&E**
10.00 **Four Weddings**
12.00 NOON **Nothing to Declare** Four editions.
2.00 PM **MacGyver** (S1)
7.00 **Coroner** *Young Legend:* 6/12. Donovan and Malik turn to a teenager for help following the death of a young basketball star. **8.00** *True Crime:* 7/12. Donovan leans into a support group. **9.00** *LJND:* 8/12. Jenny, Donovan and Malik come face to face with a monster in their midst. **10.00** *Our Home On Native Land:* 9/12. Jenny and Donovan investigate the death of a homeless person. **11.00** *Safe Space:* 10/12. A bereaved Peggy goes missing. (S4)
12.00 M'T **A League of Their Own** Triple bill.
3.00 **to 6.00** AM **Four Weddings**

MTV

126/127 824 134

6.00 AM **Daria** 12/13. (S4)
6.25 **16 and Pregnant**
7.15 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Catfish: Catch of the Day** Reality series.
5.00 **Catfish: The TV Show**
7.00 **Catfish: Catch of the Day** Paris enlists Nev and Max to help her figure out who has been catfishing her.
8.00 **Catfish: The TV Show**
10.00 **Geordie Shore**
11.00 **Jersey Shore Family Vacation** The gang settle in for a summer stay at the Shore.
12.00 M'T **Caught in the Act: Unfaithful** Reality series.
1.00 AM **The Challenge: Battle of the Eras**
2.30 **Ridiculousness**
2.55 **Catfish: The TV Show**
3.40 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Wheeler Dealers World Tour** Six editions of the series.
12.00 NOON **Alaska: Homestead Rescue** The Raneys pull out some creative builds to help a Colorado veteran. **2.00** PM Homesteaders in Oregon find their dream in jeopardy following an accident. **4.00** A couple struggle to keep their homestead afloat in torrential Texas weather.
6.00 **Scrap Kings** In Yorkshire, a team struggle to pull apart a yacht, while in south London, a tower block is demolished.

9.00 On the Roam

7.00 **Alaska: Homestead Rescue** The Raneys rescue a single-father homesteader facing threats of rockslides and bears in a Montana box canyon, while Marty and Misty face an uphill battle.

9.00 **On the Roam** New edition Jason Momoa rebuilds a 1920s Rolls Royce Phantom and creates an e-bike.

10.00 **Custom Carolina** The team have to strip a 1973 Chevy Vega down to bare metal before the rebuild can begin.

11.00 **Texas Metal** A new customer sets Bill a challenge.
12.00 M'T **Naked and Afraid: Solo** Cheeny stalks a giant catfish. **1.00** AM An injury jeopardises Shanika's challenge.
2.00 **Naked and Afraid: Solo**
4.00 **to 5.00** AM **How Do They Do It?**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Insane Pools: Off the Deep End**
9.00 **How Do Animals Do That?**
10.00 **Saved by the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Insane Pools: Off the Deep End**
1.00 PM **Amanda to the Rescue**
2.00 **Guardians of Rescue**
4.00 **Dr Jeff: Rocky Mountain Vet**
6.00 **Insane Pools: Off the Deep End** Lucas Congdon creates a palatial pool on the Gulf of Mexico that would not look out of place in a Roman castle.

10.00 Alaska: The Last Frontier

7.00 **Amanda to the Rescue** Amanda Geise teams up with Tia Torres to help a Great Dane with a serious brain issue.

8.00 **Crikey! It's the Irwins** Chandler must handle a koala crisis, while Terri lends a hand to care for an influx of puggles.

9.00 **Crikey! It's the Irwins** Bindi welcomes the arrival of tiny poison dart frogs to their new home at the zoo.

10.00 **Alaska: The Last Frontier** Atz Senior must decide between life on the *Yuletide* and returning to the family homestead.

11.00 **Swimming with Monsters with Steve Backshall** The naturalist swims with the voracious Humboldt squid.
12.00 M'T **Rugged Justice**
1.00 AM **Alaska: The Last Frontier**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Ice Road Rescue**
12.00 NOON **Air Crash Investigation**
2.00 PM **Hitler's Last Stand**
3.00 **World War II: The Apocalypse** Slave labour in Nazi-occupied France. **4.00** Footage of battles in Asia, Stalingrad and Egypt.
5.00 **Apocalypse: The Fall of Hitler** The Allies prepare to rid the world of the Nazi leader. **6.00** The Allied forces take over the West and the Nazis retreat in the East.

7.00 Lost Treasures of Angkor

7.00 NEW SERIES **Lost Treasures of Angkor: Ancient Laos Revealed** 1/2. The civilisation that built Angkor Wat.

8.00 **Lost Treasures of the Bible** Series finale A look at new discoveries about the mysterious age of Solomon.

9.00 **Elizabeth I: The Secret Life** A look at the monarch's life, examining claims of adultery and the possibility she was a man.

10.00 **The Lost Tomb of Alexander the Great** Pepi Papakosta goes in search of the conqueror's final resting place.

11.00 **Paranatural** The mystery of the Bermuda Triangle.
12.00 M'T **Air Crash Investigation**
2.00 AM **Lords of War**
2.30 **Bid & Destroy**
2.55 **Food Factory**
3.45 **Abandoned** Double bill.
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Salvage Kings**
7.00 **Pawn Stars**
10.00 **Storage Wars**
2.00 PM **Secrets in the Ice** The mummified remains of a man in a pinstripe business suit. **3.00** An enormous shipwreck in the Canadian Arctic. **4.00** Mountain climbers in California find the body of a US Army soldier. **5.00** Archaeologists make a grim discovery in the frozen Siberian landscape. **6.00** In Siberia, a network of ice tunnels is explored.

7.00 Royal Murder Mysteries

7.00 **Royal Murder Mysteries** The death of King Ludwig of Bavaria in 1886, who died three days after he was declared insane.

8.00 **Royal Murder Mysteries** The story of royal doctor Bertrand Dawson, who admitted to performing euthanasia on George V.

9.00 **Einsatzgruppen: The Nazi Death Squads** How Nazi Germany tried to conceal its war crimes.

10.00 **Einsatzgruppen: The Nazi Death Squads** How most of those responsible for the Nuremberg trials walked free in the 1950s.

11.00 **The Lost Women Spies** The story of Britain's first female agents sent to the frontline during World War Two and spymistress Vera Atkins, who led them.
12.10 AM **Storage Wars**
4.00 **to 6.00** AM **Secrets in the Ice**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Abandoned Engineering**
8.00 **World War Two from Above**
10.00 **Train Truckers** Double bill.
12.00 NOON **The Boat That Guy Built** Six editions of the series.
3.00 PM **Guy Martin's WWI Tank**
4.20 **Guy Martin's Wall of Death**
5.30 **Canal Boat Diaries** Robbie Cumming concludes his trip by travelling from Barton Swing Aqueduct to Liverpool Docks. **6.00** Robbie gets stuck in a lock in central Birmingham. **6.30** Robbie begins a journey across the north of England.

4.20 Guy Martin's Wall of Death

7.00 **Canal Boat Diaries** A journey down the Leeds and Liverpool Canal. **7.30** Robbie Cumming visits the village of Saltaire.

8.00 **Find It, Fix It, Flog It** In Wincanton, Henry and Simon meet blacksmith Gyles, who has a pile of stuff needing a new home.

9.00 **One Foot in the Grave** A hole appears at the bottom of the garden. **9.40** The long-suffering Margaret finally collapses with exhaustion, so Victor nurses her back to health. **10.20** The Meldrews, Mrs Warboys and Nick spend a day boating.

11.00 **Bangers & Cash** Paul helps a collector who is saying goodbye to his prized Excelsior Consort and his handmade Yorkshire Coble boat.
12.00 M'T **Canal Boat Diaries** Four editions of the series.
2.00 **to 3.00** AM **Tony Robinson's Marvellous Machines**

+1hour 255 329

Sunday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Combat Dealers**
8.00 **Find It, Fix It, Flog It**
12.00 NOON **The Travelling Auctioneers** Double bill.
2.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Celebrity Yorkshire Auction House**
8.00 **The Repair Shop** Goldsmith Richard restores a beloved engagement ring. **9.00** Items include a special sporran and an ingenious artist's tool.
10.00 **Richard Hammond's Workshop** Richard brings in a business consultant to make the workshop more efficient.
11.00 **Wheeler Dealers**
12.00 M'T **Salvage Hunters: The Restorers**
2.00 AM **NASA's Unexplained Files**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Double bill.
10.00 **Say Yes to the Dress**
12.00 NOON **FBI Files**
3.00 PM **Murder in the Heartland** Four editions.
7.00 **Murder in the Heartland** The death of an Ohio couple. **8.00** Newlyweds Russell and Rebecca Porter.
9.00 **Who Killed the Lyon Sisters?** A look into the disappearance of two young sisters in 1975.
11.00 **Faking It: Tears of a Crime** Penny Jackson admits to killing her husband, only to plead not guilty in court.
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime series.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
5.00 **A Stranger in My Home**
7.00 **Murder She Solved** The disappearance of Ottawa journalist Cara Louise Ellis. **8.00** The case of a 72-year-old man who was bludgeoned to death in his garage.
9.00 **Donal MacIntyre's Killer Evidence** A homeless man finds human limbs wrapped in black bin bags. **10.00** The murder of 13-year-old Lucy McHugh, who was stabbed 27 times in a brutal, calculated attack.
11.00 **Real Detective: North of the Border**
1.00 AM **Homicide with Ron Iddles** Double bill.
3.00 **Injustice with Nancy Grace**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Bloodline Detectives**
2.00 PM **Medical Detectives** The disappearance of singer Walter Scott. **2.30** Two separate confessions for the same crime. **3.00** An attack on two boys during a fishing trip. **3.30** The murder of a prostitute in Ohio. **4.00** The murder of a high-school student. **4.30** How cat hair helped police identify a killer.
5.00 **Donal MacIntyre's Killer Evidence** A woman's body is found in a suitcase in a car park at Heathrow Airport.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Sally Anne Bowman: Psychic Private Eyes Special** Documentary.
4.00 **Something's Killing Me**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Motorway Patrol**
9.00 **Brit Cops: Rapid Response** Documentary.
10.00 **Stop, Search, Seize**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
1.00 PM **Ireland's Most Evil Killers** Colin Whelan.
2.00 **Love You to Death**
3.00 **Forensics: Catching the Killer** True-crime.
4.00 **The Killer Within**
5.00 **Murdered at First Sight**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **Forensics: Catching the Killer** True-crime.
9.00 **Face to Face with Scott Peterson** New edition
10.10 **World's Most Evil Killers**
11.05 **The Real Manhunter**
12.00 M'T **Killer Siblings**
1.00 AM **Killer in My Village**
3.00 **Caught on Dashcam**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Beautiful Serengeti**
8.55 **My Grandparents' War: Mark Rylance**
9.55 **My Grandparents' War: Kristin Scott Thomas**
11.00 **My Grandparents' War: Carey Mulligan**
12.00 NOON **My Grandparents' War: Helena Bonham Carter**
1.00 PM **The Man Who Destroyed Oscar Wilde**
2.05 **Britain on Film with Tony Robinson**
6.45 **The Man Who Destroyed Oscar Wilde**
7.55 **My Grandparents' War: Mark Rylance**
8.55 **My Grandparents' War: Kristin Scott Thomas**
9.55 **My Grandparents' War: Carey Mulligan**
11.00 **My Grandparents' War: Helena Bonham Carter** Documentary.
12.00 M'T **The Man Who Destroyed Oscar Wilde**
1.10 **to 2.00** AM **Beautiful Serengeti**

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Clint Eastwood**
7.00 **Discovering: Michael Caine**
8.00 **The Directors**
9.00 **All That Breathes**
11.00 FILM **Ice on Fire** Documentary. (2019, PG, 88min) ★★★★
1.00 PM FILM **The Fog of War** Oscar-winning documentary. (2003, PG, 107min) ★★★
3.00 FILM **Man on Wire** Oscar-winning documentary. (2007, 12, 93min) ★★★★
5.00 **Dave Not Coming Back** Two divers' efforts to retrieve a dead body from a freshwater cave.
7.00 **Costa Concordia: Chronicle of a Disaster** Different accounts of the sinking of the cruise ship.
9.00 FILM **Going Clear: Scientology and the Prison of Belief** Documentary. (2015, 15, 120min) ★★★★
11.30 **Money Electric: The Bitcoin Mystery** Documentary.
1.30 AM **Look Away**
3.20 **The Janes**
5.20 **to 6.00** AM **The Great Horsemeat Scandal**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
9.00 **Big Cats Small World**
11.00 **David Attenborough's Kingdom of Plants**
2.00 PM **Animals at Play**
4.00 **In for the Kill**
5.00 **Deep in the Heart**
6.00 **Wildlife ER** Following the work of dedicated staff at the RSPCA Hospital in Brisbane, Australia.
7.00 **A Cheetah's Pride** New edition Cameras rejoin the cheetah family as the mothers collaborate to keep the cubs fed. Plus, the cubs fight to survive abandonment and harsh conditions.
8.00 **Airborne** Series finale Examining the different navigation methods that involve power and precision, innate GPS, and complicated routes through crowded skies.
9.00 **Secret Life of the Wombat**
11.00 **A Cheetah's Pride** As 7.00pm.
12.00 M'T **My Garden of a Thousand Bees** Documentary.
1.00 AM **In for the Kill**
2.00 **to 6.00** AM **Africa's Wild Year**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
9.00 **The Abyss: Rise & Fall of the Nazis** Double bill of editions.
11.00 **Hitler's Coup 1923**
12.00 NOON **What on Earth?**
3.00 PM **Ancient Aliens**
5.00 **Behind History**
6.00 **Hitler v Churchill: The Eagle and the Lion** Documentary.
7.00 **Ancient Aliens** Investigating whether shamans have contact with extraterrestrial realms.
8.00 **Ghost Ships** Efforts to locate wreckage of the SS *Mont Blanc*.
9.00 **Medieval Murder Mysteries** Examining the case of the princes in the Tower of London, and questioning whether or not Richard III ordered their deaths.
10.00 **Hitler's Handmaidens** The women who trained Hitler in the methods of high society to launch him to power.
11.00 **Ancient Aliens** Triple bill.
2.00 AM **Hitler v Churchill: The Eagle and the Lion**
3.00 **The Secret History of the Civil War** Documentary.
4.00 **to 6.00** AM **Phantom Signals**

Crime+Investigation

156 837 133

6.00 AM **Nightmare in Suburbia**
8.00 **#Textmewhenyougethome**
1.00 PM **Rob Rinder's Interrogation Secrets**
5.00 **Secrets of the Morgue**
6.00 **Jo Frost on Britain's Killer Kids**
7.00 **The First 48**
8.00 **Prison Brides**
9.00 **Cold Case Files** The investigation into the serial killer known as the Grim Sleeper.
10.00 **Very Scary People** New edition Examining the lives of the most diabolical criminals in recent history.
11.00 **The Killer Interview with Piers Morgan** Matt Baker.
12.00 M'T **Jo Frost on Britain's Killer Kids** Michael Hamer.
1.00 AM **Very Scary People**
2.00 **The Eunuch Maker** New edition Examining the crimes of Marius Gustavson.
3.00 **#Textmewhenyougethome**
4.00 **Secrets of the Morgue**
5.00 **to 6.00** AM **#Textmewhenyougethome**

+1 hour 256 333

WILD

165 841 182

8.00 AM **America's National Parks: Hidden Gems** Triple bill.
11.00 **Africa's Hunters**
1.00 PM **Hidden Wonders of Europe** Double bill of editions.
3.00 **World's Deadliest Jellyfish**
4.00 **World's Deadliest Whale**
5.00 **Secrets of the Zoo**
6.00 NEW SERIES **Baby Animal Rescue** Conservationist Giles Clark rescues wildlife orphans in South Africa.
7.00 **Heartland Docs** Dr Erin treats a golden retriever with a mysterious mouth malady.
8.00 **Jane Goodall: The Hope** Documentary about the primatologist's conservation work over the last 30 years.
10.00 **Africa's Hidden Wonders** Animals that have adapted to survive in the Sahara, the world's largest desert, where food and water can barely be found.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Secrets of the Zoo: Tampa** Double bill of editions.
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shed and Buried**
9.00 **The Restoration Man**
11.00 **Lost Mines: Restored**
12.00 NOON **Combat Dealers: Reloaded** Bruce Crompton and his team embark on a tour across Europe.
1.00 PM **Combat Dealers**
3.00 **Rob Riggle: Global Investigator** Triple bill.
6.00 **Codes and Conspiracies** A look into the idea of 'supersoldiers'. **7.00** Examining the history of gold and the race to acquire it. **8.00** The history of prisons.
9.00 **Alien Highway** Chuck Zukowski searches for definitive proof of extraterrestrial life. **10.00** A man from Missouri who claims UFOs are stalking him contacts the team for help. **11.00** A series of animal deaths and UFO sightings take Chuck and the team to Colorado.
12.00 M'T **Alien Invasion: Hudson Valley** Documentary.
2.00 AM **Combat Dealers: Reloaded**
3.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **The Architecture the Railways Built** Four editions.
1.00 PM **The Architecture the Railways Built** Tim Dunn visits Wemyss Bay Station, Inverclyde. **2.00** Tim finds out more about the Royal Albert Bridge. **3.00** Tim visits Strasbourg's 19th-century station. **4.00** Tim explores the former HQ of London Underground.
5.00 **The Bill** Double bill.
7.00 **Pointless** Double bill of the general knowledge quiz show.
9.00 **Cutting It** 1/6. Allie opens her own hairdressing academy – and also learns that she might be pregnant. (S4)
10.20 **The Bill** *Suspects:* 2/12. An umbrella manufacturing company is robbed. **11.20** *Lost:* 3/12. Sun Hill officers investigate the disappearance of an eight-year-old girl. (S2)
12.20 AM **Pointless** Double bill.
2.20 **Cutting It** As 9.00pm.
3.30 **to 6.00** AM **The Architecture the Railways Built**

+1 hour 266 376

ID

154 166

8.00 AM **True Conviction**
10.00 **The Killer in My Family**
12.00 NOON **Homicide City: Charlotte** Double bill.
2.00 PM **Murder Chose Me**
4.00 **Til Death Do Us Part**
6.00 **Deadline: Crime with Tamron Hall** A case in which a woman went missing after breaking up with her abusive boyfriend. **7.00** A mother from Texas who suddenly dropped out of contact.
8.00 **Evil Online** The case of a small-town teenager who met a 16-year-old boy on Myspace and fell in love. However, their love story turned tragic as the web of lies unravelled.
9.00 **Lethally Blonde** After a photo shoot in the Angeles National Forest, model Kim Pandelios is never heard from again.
10.00 **High Speed Chase**
11.00 **Unbreakable: Live to Tell**
12.00 M'T **True Nightmares**
2.00 AM **Evil Online** Double bill.
4.00 **to 6.00** AM **Calls from the Inside**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
9.00 **How Do They Do It?**
11.00 **Goblin Works Garage**
12.00 NOON **Roadworthy Rescues**
5.00 PM **Head 2 Head**
7.00 **Wheeler Dealers** Mike finds a rare Land Rover Series 1 that may not be all it seems. **8.00** Mike tracks down a true British motoring icon – a 1976 Land Rover Series III. **9.00** Edd and Mike set the challenge to find the ultimate bug-out vehicle that would ceaselessly run, and decide on the Land Rover Series IIA. **10.00** Mike buys an old Range Rover Mk3 for a bargain price. **11.00** Mike lands a bargain Range Rover P38 and Edd sets about mending it. **12.00** M'T Mike searches for a V8-powered Land Rover Defender for less than £5,000.
1.00 AM **Alaska Mega Machines**
2.00 **to 5.00** AM **World's Greatest Motorcycle Rides**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **Sky Cinema Preview**
7.00 PREMIERE **Parachute** (2023)
8.50 **Kung Fu Panda 4** Animation. (2023, PG, 94min) ★★★
10.30 **Bad Boys: Ride or Die** (2024)
12.30 PM **Kill** As shown at 10.00pm.
2.10 **A Quiet Place: Day One** Horror. (2024, 15) ★★★★
4.00 PREMIERE **Parachute** Comedy drama. (2023, 15, 108min) ★★★★ *See review, page 23.*
5.50 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★

4.00 Parachute

8.00 **Bad Boys: Ride or Die** Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Kill** Thriller starring Daniel Portman. Three brothers return to the remote woodland where they killed their abusive father, only to discover his grave is now empty. (2023, 15, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★
1.50 AM **Problemista** Comedy. (2024, 15, 104min) ★★★
3.40 **Get Away** Horror comedy. (2024, 15, 86min) ★★★★
5.20 **to 6.55** AM **The 4:30 Movie** Comedy starring Austin Zajur. (2024, 15, 84min) ★★★

Sky Cinema Hits

303 403 503 517

6.15 AM **Anger Management**
8.15 **Tropic Thunder** War comedy. (2008, 15, 107min) ★★★★
10.15 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★
12.10 PM **Hangover Part II** Comedy sequel. (2011, 15, 101min) ★★
2.05 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
4.00 **Anger Management** Comedy. (2003, 15, 105min) ★★★★
5.55 **Mission: Impossible** Thriller. (1996, PG, 110min) ★★★

5.55 Mission: Impossible

8.00 **Mission: Impossible II** Action thriller sequel starring Tom Cruise and Dougray Scott. Special agent Ethan Hunt teams up with a cat burglar in order to track down a villain who has a deadly virus at his disposal. With Thandie Newton. (2000, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Mission: Impossible III** Action spy thriller sequel starring Tom Cruise. Ethan Hunt tries to free his wife from the clutches of an international arms dealer. (2005, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **I Now Pronounce You Chuck & Larry** Comedy. (2007, 12, 110min) ★
2.30 **Game Night** Black comedy. (2018, 15, 100min) ★★★★
4.25 **to 6.15** AM **Vendetta** Action thriller. (2022, 15, 96min) ★★

Sky Cinema Drama

310 410 510 524

7.00 AM **The Integrity of Joseph Chambers** Survival drama. (2022, 15, 96min) ★★★
8.50 **Golda** Biopic starring Helen Mirren. (2023, 12, 100min) ★★
10.45 **Cold Mountain** Epic romantic drama starring Jude Law. (2003, 15, 152min) ★★★
1.20 PM **The Blind Side** Fact-based drama starring Sandra Bullock. (2009, 12, 129min) ★★★
3.35 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
6.00 **The King's Speech** Royal drama with Colin Firth, Geoffrey Rush and Helena Bonham Carter. (2010, 12, 118min) ★★★★★
8.00 **Schindler's List** Steven Spielberg's drama starring Liam Neeson and Ben Kingsley. (1993, 15, 195min) ★★★★★
11.20 **The Bridges at Toko-Ri** War drama. (1954, U, 99min) ★★★
1.10 AM **Gran Torino** Drama directed by and starring Clint Eastwood. (2008, 15, 116min) ★★★★
3.10 **Bonus Track** Music comedy. (2023, 12, 98min) ★★★
4.55 **to 6.45** AM **The Shamrock Spitfire** Biographical drama. (2024, 12, 108min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.25 AM **Resident Evil: Degeneration** As 10.05am.
8.15 **Simulant** As shown at 2.30am.
10.05 **Resident Evil: Degeneration** Animated horror thriller. (2008, 15, 97min) ★★
11.55 **Sinister** Horror thriller. (2012, 15, 105min) ★★★
1.55 PM **I.S.S** As shown at 12.45am.
3.45 **Terminator Salvation** Thriller sequel. (2009, 12, 110min) ★★★
5.55 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
8.00 **Ready Player One** Steven Spielberg's fantasy adventure starring Tye Sheridan, Olivia Cooke and Ben Mendelsohn. (2018, 12, 140min) ★★★★
10.25 **The Core** Thriller starring Aaron Eckhart and Hilary Swank. A team of scientists travel to the centre of the Earth after the discovery that the planet's core is about to stop spinning. (2002, 12, 135min) ★★★
12.45 AM **I.S.S** Sci-fi drama. (2023, 15, 95min) ★★★
2.30 **Simulant** Thriller with Robbie Amell. (2023, 15, 95min) ★★★
4.15 **Monolith** Thriller starring Lily Sullivan. (2022, 15, 90min) ★★★
5.55 **to 7.30** AM **Silent Running** Drama. (1972, U, 90min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

6.55 AM **Ghost Squad** As 3.00am.
8.35 **Pan** Fantasy. (2015, PG) ★★★
10.40 **The Spiderwick Chronicles** Fantasy. (2008, PG) ★★★★
12.30 PM **The NeverEnding Story** Fantasy starring Barret Oliver. (1984, U, 94min) ★★★
2.20 **Scooby-Doo** As 11.45pm.
4.00 **Scooby-Doo 2: Monsters Unleashed** Comedy sequel. (2004, PG, 93min) ★★★
5.45 **IF** Fantasy adventure. (2024, U, 104min) ★★★

Sky Cinema Stunts

307 407 507 521

6.35 AM **The Mask of Zorro** (1998)
8.55 **Arcadian** Dystopian thriller. (2024, 15, 92min) ★★★★
10.40 **Aquaman** As 10.25pm.
1.05 PM **Fast & Furious 6** Thriller sequel starring Vin Diesel. (2013, 12, 125min) ★★★
3.20 **Fast & Furious 7** Thriller sequel starring Paul Walker. (2015, 12, 132min) ★★★★
5.40 **Fast & Furious 8** Adventure sequel with Charlize Theron. (2017, 12, 136min) ★★★

Sky Cinema Comedy

308 408 508 522

6.15 AM **Trainwreck** Comedy. (2015, 15, 124min) ★★★
8.30 **The Heartbreak Kid** Comedy. (2007, 15, 115min) ★
10.35 **Kingpin** Comedy with Woody Harrelson and Randy Quaid. (1996, 12, 114min) ★★★
12.35 PM **Adult Life Skills** (2016)
2.20 **Seven Psychopaths** (2012)
4.15 **White Chicks** Slapstick comedy. (2004, 15, 109min) ★
6.15 **Bean** Comedy spin-off. (1997, PG, 90min) ★★★

Sky Cinema Crime

309 409 509 523

6.00 AM **Bullet to the Head** (2012)
7.45 **Ride Along** (2014, 12) ★★
9.40 **Ride Along 2** Crime comedy sequel. (2016, 12, 102min) ★★
11.30 **Jackie Chan's Police Story** Hong Kong thriller. Subtitled. (1985, 15, 98min) ★★★★
1.15 PM **Miami Vice** Crime thriller. (2006, 15, 133min) ★★★★
3.30 **Bad Boys II** Action comedy. (2003, 15, 147min) ★★★
6.00 **Bad Boys: Ride or Die** Action comedy. (2024, 15) ★★★

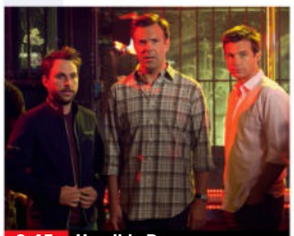
Film4

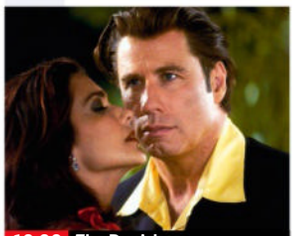
313 855 428 14 300

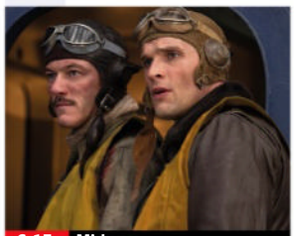
■ **Films start at 11.00am**
11.00 AM **Arthur's Hallowed Ground** Comedy drama. (1986, PG, 71min) ★★
12.35 PM **The Borrowers** Adventure. (1997, U, 86min) ★★★★
2.20 **Monsters vs Aliens** Animated sci-fi monster adventure. (2009, PG, 90min) ★★★
4.10 **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
6.15 **Midway** World War Two drama. (2019, 12, 138min) ★★★★

7.40 Wonka

10.25 Aquaman


9.45 Horrible Bosses


10.00 The Punisher


6.15 Midway

7.40 **Wonka** Fantasy adventure with Timothée Chalamet. A young sweet-maker attempts to make his mark, despite the plans of three scheming entrepreneurs. (2023, PG, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **The BFG** Steven Spielberg's fantasy adventure based on Roald Dahl's book, starring Mark Rylance, Ruby Barnhill and Penelope Wilton. An orphaned girl befriends a giant, who takes her off to a magical land. (2016, PG, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Scooby-Doo** Adventure starring Freddie Prinze Jr. (2002, PG, 86min) ★★★
1.20 AM **Step Dogs** Family comedy. (2013, U, 82min) ★
3.00 **Ghost Squad** Adventure. (2015, PG, 86min) ★★★
4.35 **to 6.50** AM **Ride On** Drama. (2023, PG, 126min) ★★★

8.00 **Fast X** Action thriller sequel starring Vin Diesel and Michelle Rodriguez. Dominic Toretto and his family are targeted by the vengeful son of drug kingpin Hernan Reyes. With Jason Statham and Jordana Brewster. (2023, 12, 141min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Aquaman** Superhero adventure starring Jason Momoa, Nicole Kidman and Willem Dafoe. (2018, 12, 143min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **Madame Web** Fantasy starring Dakota Johnson. (2024, 12, 116min) ★★★
3.05 **The Mask of Zorro** Adventure starring Antonio Banderas. (1998, PG, 137min) ★★★★
5.25 **to 7.15** AM **Zu: Warriors from the Magic Mountain** Hong Kong action fantasy. Subtitled. (1982, PG, 95min) ★★★★

8.00 **Mr Bean's Holiday** Comedy starring Rowan Atkinson. When Mr Bean wins a holiday to the south of France, his mishaps have unexpected consequences. (2007, PG, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Horrible Bosses** Farcical comedy starring Jason Bateman, Charlie Day and Jason Sudeikis. Three longtime friends hatch a plot to get rid of their tyrannical employers. (2011, 15, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Seven Psychopaths** Dark comedy thriller starring Colin Farrell and Sam Rockwell. (2012, 15, 106min) ★★★★
1.25 AM **Adult Life Skills** Comedy starring Jodie Whittaker. (2016, 15, 114min) ★★★
3.10 **Horrible Bosses** As 9.45pm.
4.55 **Sky Cinema Preview**
5.40 **The Cinema List: Musicals**
5.55 **to 7.55** AM **White Chicks**

8.00 **The Equalizer 3** Action thriller sequel starring Denzel Washington and Dakota Fanning. Former government assassin Robert McCall takes on the mafia in southern Italy. With Eugenio Mastrandrea. (2023, 15, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Punisher** Thriller starring Tom Jane and John Travolta. A grieving ex-cop launches a series of revenge attacks on a psychopathic crook. (2004, 18, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Sleepers** Fact-based drama starring Kevin Bacon. (1996, 18, 146min) ★★★
2.45 **The Big Lebowski** Comedy thriller starring Jeff Bridges. (1998, 18, 117min) ★★★★★
4.50 **Sky Cinema Preview**
5.30 **to 7.10** AM **Bullet to the Head** Thriller with Sylvester Stallone. (2012, 15, 89min) ★★★

Midway (film started at 6.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Smile** Horror starring Sosie Bacon. After witnessing a traumatic incident involving a patient, a psychiatrist becomes convinced she is being threatened by an uncanny entity. With Kyle Gallner and Jessie T Usher. (2022, 18, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.15 **Terminator Salvation** Sci-fi action thriller sequel starring Christian Bale. In 2018, resistance hero John Connor leads the fight back against the killer robots. (2009, 12, 110min) ★★★
1.30 **to 3.30** AM **Custody** French drama starring Léa Drucker and Denis Ménochet. Subtitled. (2017, 15, 93min) ★★★★

11 PM

+1hour 314 430 47 301

Sky Cinema Icons

302 402 502 516

6.35 AM **Captain Phillips** As 5.05am.
8.55 **The Hobbit: An Unexpected Journey** Fantasy adventure. (2012, 12, 165min) ★★★
11.45 **The Hobbit: The Desolation of Smaug** Fantasy adventure. (2013, 12, 161min) ★★★★
2.30 PM **The Hobbit: The Battle of the Five Armies** Fantasy adventure with Martin Freeman. (2014, 12, 144min) ★★★

5.00 **Oppenheimer** World War Two biopic starring Cillian Murphy. (2023, 15, 180min) ★★★★★
8.00 **Top Gun** Aerial action drama starring Tom Cruise as a hotshot young flier at the US Navy's elite air combat training school. (1986, 12, 110min) ★★★
10.00 **Goodfellas** Martin Scorsese's gangster drama based on the memoirs of a real-life Mafia hood. Stars Robert De Niro, Ray Liotta and Joe Pesci. (1990, 18, 143min) ★★★★★

12.30 AM **Man of Steel** Adventure. (2013, 12, 143min) ★★★
2.55 **The Sum of All Fears** Action thriller starring Ben Affleck. (2002, 12, 119min) ★★★★
5.05 **to 7.25** AM **Captain Phillips** Gripping fact-based thriller. (2013, 12, 129min) ★★★★★

Sky Cinema Greats

304 404 504 518

7.00 AM **Death Becomes Her** (1992)
9.00 **Twins** As shown at 6.00pm.
11.00 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
12.40 PM **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★
2.30 **Drop Dead Fred** Comedy starring Rik Mayall and Phoebe Cates. (1991, 12, 99min) ★★

4.15 **King Ralph** Comedy with John Goodman. (1991, PG, 97min) ★
6.00 **Twins** Action comedy starring Arnold Schwarzenegger. (1988, PG, 107min) ★★★
8.00 **Dumb and Dumber** Comedy with Jim Carrey and Jeff Daniels. Two friends embark on a cross-country journey to return a beautiful woman's briefcase. (1994, 12, 107min) ★★★
10.00 **Death Becomes Her** Comedy fantasy starring Meryl Streep. (1992, PG, 103min) ★★★

11.50 **King Ralph** As 4.15pm.
1.35 AM **Dumb and Dumber** (1994)
3.30 **The War of the Worlds** Sci-fi thriller starring Ann Robinson and Gene Barry. (1953, PG, 85min) ★★★★
5.05 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Animation

305 412 500 514

6.20 AM **Rugrats in Paris** As 5.55pm.
7.50 **Rugrats Go Wild** As 10.25pm.
9.20 **The Adventures of Tintin: The Secret of the Unicorn** (2011)
11.15 **Smallfoot** Animated adventure. (2018, U, 96min) ★★★
1.00 PM **Migration** As 7.20pm.
2.30 **Gnomeo & Juliet** As 8.50pm.
4.00 **The Adventures of Tintin: The Secret of the Unicorn** Animation. (2011, PG) ★★★★★

5.55 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
7.20 **Migration** Animated comedy. (2023, U, 83min) ★★★
8.50 **Gnomeo & Juliet** Animated comedy with the voices of James McAvoy and Emily Blunt. (2011, U, 83min) ★★★
10.25 **Rugrats Go Wild** Animated family comedy adventure with the voice of Nancy Cartwright. (2003, U, 81min) ★★★
11.55 **Extinct** Animated adventure. (2021, U, 84min) ★★★

1.30 AM **Pil's Adventures** Animation featuring the voice of Eleanor Noble. (2021, U, 89min) ★★
3.10 **Tom and Jerry Cowboy Up!** Animated family adventure. (2021, U, 71min) ★★★
4.35 **to 6.15** AM **Fireheart** Animation. (2022, U, 92min) ★★★

Movies 24

312 419

7.00 AM **Aurora Teagarden Mysteries: Til Death Do Us Part** Drama. (2021, PG, 85min) ★★
9.00 **A Paris Proposal** Romantic comedy. (2023, PG, 84min) ★★
11.00 **The Presence of Love** Drama starring Eloise Mumford. (2022, PG, 84min) ★★
1.00 PM **Planning for Joy** Romantic comedy starring Chelsey Reist. (2022, PG, 86min) ★★

3.00 PREMIERE **A Case for the Winemaker** Murder mystery starring Candace Cameron Bure. (2024, PG, 90min) ★★
5.00 **Campfire Romance** Romantic comedy. (2022, PG, 90min) ★★
7.00 **The Story of Love** Romantic comedy starring Brittany Bristow. (2022, PG, 91min) ★★
9.00 **The Journey Ahead** Comedy starring Holly Robinson Peete. (2022, PG, 102min) ★★
11.00 **A Slice of Chicago Romance** Drama. (2022, PG, 90min) ★★

1.00 AM **Planning on Forever** Comedy starring Emily Tennant. (2022, PG, 89min) ★★
3.00 **to 5.00** AM **Fashionably in Love** Romantic comedy. (2023, PG, 87min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **The Broken Horseshoe** Thriller starring Robert Beatty. (1953, b/w, U, 79min) ★★
7.35 **Spaceways** Sci-fi drama. (1953, b/w, PG, 76min) ★
9.10 **The Undefeated** Western. (1969, PG, 120min) ★★★
11.30 **The Wrong Arm of the Law** Comedy starring Peter Sellers. (1962, b/w, U, 94min) ★★★★
1.25 PM **Batman** 34/34. (S1)

2.00 **The Ghost Train** Comedy thriller. (1941, b/w, U, 85min) ★★★
3.45 **Look at Life** Documentary.
4.00 **The Adventures of Robin Hood**
4.30 **Out of Town**
5.00 **The Footage Detectives**
6.00 **The Spider and the Fly** Crime thriller starring Eric Portman. (1949, b/w, PG, 95min) ★★★
8.00 **Gideon's Way** 3/26. (S1)
9.05 **The Wheeltappers and Shunters Social Club** 1/7. (S2)
9.55 **Villain** Thriller starring Richard Burton. (1971, 18, 98min) ★★★

11.55 **The Heritage Chart Show**
1.00 AM **Hunting Venus** Comedy.
3.00 **Mister Kingstreet's War** Wartime drama starring John Saxon. (1972, PG, 105min) ★★
4.50 **It's a Sin to Lie** Documentary.
4.55 **The Texan** 11/37. (S1)
5.30 **to 6.00** AM **The Larkins**

Sky Sports Main Event

401 511 501 419 439

6.00 AM **LIVE DP World Tour Golf** Coverage of day four of the Dubai Desert Classic at Emirates Golf Club in the United Arab Emirates.
11.30 **LIVE EFL Leeds United v Sheffield Wednesday.** The Championship match staged at Elland Road. Kick-off **12.00noon**.
2.00 PM **LIVE Super Sunday Everton v Tottenham Hotspur.** The Premier League match from Goodison Park. Kick-off **2.00pm**.
4.00 **LIVE Super Sunday Ipswich Town v Manchester City.** The Premier League match staged at Portman Road. Kick-off **4.30pm**.
6.45 **LIVE WSL Manchester City v Manchester United.** Coverage of the derby staged at the Etihad Stadium. Kick-off is at **6.45pm**.
8.45 **LIVE NFL** Coverage of the third Divisional play-off match, as the teams compete for a place in the AFC or NFC Championship match.
11.30 **LIVE NFL** Coverage of the fourth Divisional play-off match.
3.00 AM **LIVE ICC U19 Women's World T20 Australia v Bangladesh.** The Group D match from UKM-YSD Cricket Oval.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **Premier League Highlights**
10.00 **Super Sunday Matchday**
12.00 NOON **Transfer 360**
1.00 PM **LIVE Super Sunday Everton v Tottenham Hotspur.** Coverage of the Premier League match staged at Goodison Park. Spurs claimed a 4-0 win in the reverse fixture. Kick-off **2.00pm**.
4.00 **LIVE Super Sunday Ipswich Town v Manchester City.** Coverage of the Premier League match staged at Portman Road. Erling Haaland scored a hat-trick as City claimed a 4-1 win in August's reverse fixture, but they have not always been at their best since then. Kick-off **4.30pm**.
7.30 **LIVE WSL Manchester City v Manchester United.** Coverage of the derby staged at the Etihad Stadium. Kick-off is at **6.45pm**.
9.30 **Transfer 360**
10.00 **Premier League Highlights** Manchester United v Brighton. **10.30** Action from Nottingham Forest v Southampton.
11.00 **Premier League Highlights**
3.00 AM **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Highlights**
11.00 **WSL** Liverpool v Brighton .
11.30 **LIVE EFL Leeds United v Sheffield Wednesday.** Coverage of the Championship match at Elland Road. Leeds claimed a 2-0 win in August's reverse fixture at Hillsborough thanks to goals by Brenden Aaronson and Daniel James. Kick-off is at **12.00noon**.
2.30 PM **LIVE Bundesliga FC Union Berlin v FSV Mainz 05.** Coverage of the German top-flight match at Stadion An der Alten Forsterei. Kick-off **2.30pm**.
4.30 **LIVE Bundesliga Werder Bremen v FC Augsburg.** Coverage of the match from Weserstadion. Kick-off **4.30pm**.
6.30 **LIVE WSL Manchester City v Manchester United.** Coverage of the derby staged at the Etihad Stadium. Kick-off is at **6.45pm**.
9.30 **WSL** Liverpool v Brighton .
10.00 **EFL Highlights**
11.00 **WSL** Highlights from Manchester City v Manchester United.
11.30 **EFL Highlights**
12.00 M'T **EFL** Action from 2016/17.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Women's ICC World T20**
7.00 **Best of Jimmy Anderson**
7.10 **Big Bash League**
8.10 **LIVE Big Bash League Melbourne Stars v Hobart Hurricanes.** The T20 match from Melbourne Cricket Ground.
11.30 **Best of the Big Bash League**
12.00 NOON **Jimmy Anderson**
12.30 PM **Women's ICC World T20**
1.00 **LIVE SA20 Sunrisers Eastern Cape v Durban's Super Giants.** Coverage of the match at Dafabet St George's Park in Gqeberha.
5.30 **Best of the Big Bash League**
5.45 **Jimmy Anderson**
6.00 **Big Bash League**
7.00 **Best of England v South Africa**
7.30 **Women's ICC World T20**
8.00 **Big Bash League**
9.00 **SA20** Recent highlights.
11.00 **Big Bash League**
12.00 M'T **Women's ICC World T20**
1.30 AM **Women's World Cup 2017**
1.45 **Women's ICC World T20**
2.15 **LIVE ICC U19 Women's World T20 Australia v Bangladesh.** The Group D match from UKM-YSD Cricket Oval.
5.30 **to 6.00** AM **Best of England v South Africa**

Sky Sports Golf

405 515 505 423 443

6.00 AM **LIVE DP World Tour Golf** Coverage of day four of the Dubai Desert Classic at Emirates Golf Club in the United Arab Emirates.
1.00 PM **Uncommon: Building a Boston Sports Team**
1.30 **Ryder Cup Memories**
2.00 **Nick Dougherty's Tee Time Tips**
2.30 **PGA Tour Champions: 2024 Year in Review**
3.00 **LIVE Golf** Coverage of day four of the Latin American Amateur Championship staged at Pilar Golf in Buenos Aires, Argentina.
6.00 **DP World Tour Golf**
6.30 **LIVE PGA Tour Golf** Coverage of the fourth day's play of the American Express from PGA West Stadium Course at La Quinta Country Club in California.
12.00 M'T **DP World Tour Golf**
12.30 AM **Ryder Cup Memories**
1.00 **Golf** Recent highlights.
4.00 **My Ryder Cup** Paul McGinley.
4.15 **Celebrity Kop Club**
4.30 **DP World Tour Golf**
5.00 **to 6.00** AM **Ryder Cup Memories**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **US Open Classic Matches**
8.00 **ATP Tennis** Hong Kong Open.
9.00 **WTA Tennis** Hobart International.
10.00 **Tennis** Adelaide International.
12.00 NOON **WTA Tennis**
1.00 PM **ATP Tennis** Auckland Open.
2.00 **Tennis** The United Cup final.
4.00 **ATP Tennis** Adelaide International.
5.00 **WTA Tennis** Brisbane International.
6.00 **Tennis** Highlights from the 2024 WTA and ATP Finals.
8.00 **Althea** Documentary.
9.30 **Bitesize Tennis** Madrid Open. **9.45** The 2024 Ladies Open final.
10.00 **Tennis** Adelaide International.
12.00 M'T **to 6.00** AM **Tennis**

TNT Sports 1

410 870 527 408 430

7.00 AM **LIVE A-League Women Brisbane Roar v Adelaide United.** Kick-off is at **7.00am**.
9.00 **Premier League**
10.30 **The Football's On**
11.30 **What I Wore** John Barnes.
12.00 NOON **UEFA Europa League & Conference League Magazine**
12.30 PM **Champions League Magazine** The latest news.
1.00 **Isuzu UTE A-League**
5.00 **The WRC Magazine**
5.30 **UEFA Europa League & Conference League Magazine**
6.00 **Champions League Magazine**
6.30 **Serie A** Highlights from Italy.
7.30 **LIVE Serie A Inter Milan v Empoli.** The Italian top-flight clash at the San Siro. Kick-off **7.45pm**.
9.45 **Premier League: Big Interview**
10.15 **What I Wore** Eric Cantona.
10.30 **French Premiere Ligue Women**
11.30 **LIVE Women's T20 Super Smash Wellington Blaze v Auckland Hearts.** Coverage of the match at Cello Basin Reserve.
3.00 AM **TNT Sports Cricket Reload**
3.15 **to 7.00** AM **LIVE T20 Super Smash Wellington Firebirds v Auckland Aces.** Coverage of the match from Cello Basin Reserve.

TNT Sports 2

411 871 528 409 431

6.45 AM **TNT Sports Cricket Reload**
7.00 **Global Super League T20 Highlights** Recent action.
12.00 NOON **Women's One-Day International Cricket**
3.00 PM **Women's Ashes** Three ODIs between Australia and England.
6.00 **The Edge** Australia v England.
6.30 **Ultimate Pool** Recent action.
8.00 **LIVE NBA Miami Heat v San Antonio Spurs.** Coverage of the inter-conference match staged at Kaseya Centre. Tip-off **8.00pm**.
10.30 **NBA on Fire** The latest news from the world of the NBA.
11.00 **NBA Action** A round-up of the latest action from the NBA.
11.30 **SailGP – Racing on the Edge**
12.00 M'T **Serie A** Inter Milan v Empoli.
1.00 AM **The WRC Magazine**
1.30 **Vendee Globe Highlights**
2.00 **Ultimate Pool** Action from Group 2 of the Champions League.
3.30 **UEFA Champions League – Stories of the Finals** Real Madrid v Liverpool in 2018 and AC Milan v Barcelona from 1994.
4.00 **SailGP – Racing on the Edge**
4.30 **TNT Sports Reload**
5.00 **to 6.00** AM **French Premiere Ligue Women**

TNT Sports 3

417 874 529 410 432

6.00 AM **LIVE A-League Women Sydney FC v Central Coast Mariners.** Coverage of the match at Leichhardt Oval in Lilyfield, New South Wales. Kick-off **6.00am**.
8.00 **MotoGP** Highlights of the Moto3, Moto2 and MotoGP races from the Grand Prix of Austria. **11.30** Highlights of the Moto3, Moto2 and MotoGP races from the Grand Prix of Aragon.
3.00 PM **MotoGP** Action from the Grand Prix of San Marino Moto3, Moto2 and MotoGP races.
6.30 **MotoGP** Highlights of the Grand Prix of Indonesia Moto3 race. **7.30** Action from the Grand Prix of Indonesia Moto2 race. **8.30** Action from the Grand Prix of Indonesia MotoGP sprint race. **9.00** Highlights from the Grand Prix of Indonesia MotoGP race.
10.00 **UFC** Another chance to see Islam Makhachev v Arman Tsarukyan from Intuit Dome in Inglewood.
1.00 AM **MLB Classic** A look back at the 1995 Home Run Derby. **2.30** The 1996 Home Run Derby. **4.15** The 1997 Home Run Derby.
5.45 **to 6.00** AM **UEFA Champions League – Stories of the Finals**

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights** The first Divisional play-off match. **12.15** PM Highlights from the second Divisional play-off match. **12.30** Action from Houston Texans v Los Angeles Chargers. **12.45** Highlights of Baltimore Ravens v Pittsburgh Steelers.
1.00 **NFL Bitesize Highlights** Buffalo Bills v Denver Broncos. **1.15** Action from Philadelphia Eagles v Green Bay Packers. **1.30** Tampa Bay Buccaneers v Washington Commanders. **1.45** Highlights from Los Angeles Rams v Minnesota Vikings.
2.00 **NFL Highlights** The first and second Divisional play-off games.
4.00 **NFL Gameday**
7.30 **LIVE NFL** Coverage of the third Divisional play-off match, as the teams compete for a place in the AFC or NFC Championship match.
11.30 **LIVE NFL** Coverage of the fourth Divisional play-off match, as the teams compete for a place in the AFC or NFC Championship match.
3.00 AM **NFL Bitesize Highlights**
5.15 **Super Bowl LVIII Bitesize**
5.30 **to 6.00** AM **NFL Bitesize Hlts**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **Super League Highlights**
10.00 **SA20** Recent T20 action.
12.00 NOON **Big Bash League**
5.00 PM **Fight Night International** Emanuel Navarrete v Oscar Valdez. **6.00** A chance to see Junto Nakatani v Petch Sor Chitpattana.
7.00 **Super League Highlights**
8.00 **LIVE NCAA Basketball South Carolina Gamecocks v Oklahoma Sooners.** Coverage of the college match at Colonial Life Arena. Tip-off is at **8.00pm**.
10.00 **The Rugby Championship** South Africa v New Zealand.
12.00 M'T **Top Rank Boxing Archive** Johnny Tapia v Paulie Ayala.
1.15 AM **Big Bash League**
2.15 **LIVE ICC U19 Women's World T20 New Zealand v Nigeria.** Coverage of the Group C match staged at Borneo Cricket Ground in Sarawak, Malaysia.
5.30 **to 6.00** AM **Super League Highlights**

TNT Sports 4

421 876 530 411 434

6.00 AM **TNT Sports Reload**
6.30 **Vendee Globe Highlights**
7.00 **Autumn Nations Series**
10.15 **TNT Sports Cricket Reload**
10.30 **Allianz Premiership Women's Rugby** Gloucester-Hartpury RFC v Ealing Trailfinders.
11.30 **French Premiere Ligue Women** Action from PSG v Lyon.
12.30 PM **TNT Sports Reload**
1.00 **NBA** Pistons v Suns.
2.30 **NBA on Fire** The latest news.
3.00 **NBA Action** Highlights.
3.30 **NBA** Pistons v Suns.
5.00 **NBA Originals** A look back at Karl Malone's career.
6.00 **NBA** Another chance to see Detroit Pistons v Phoenix Suns.
7.30 **MLB Classic** Archive action.
10.30 **The Edge** Australia v England.
11.00 **Fishing: On the Bank**
12.00 M'T **T20 Cricket Highlights** Sri Lanka v West Indies.
3.00 **to 6.00** AM **One Day International Cricket**

Eurosport 1

413 870 521 412 435

5.30 AM **LIVE Australian Open Tennis** Coverage of day eight of the first Grand Slam event of the season staged at Melbourne Park.
7.30 **Australian Open: Courtside**
8.00 **LIVE Australian Open Tennis** Continued coverage of day eight of the first Grand Slam event of the season at Melbourne Park.
1.00 PM **LIVE Masters Snooker** The first session of the final on day eight from Alexandra Palace.
4.00 **Show Jumping** From Basel.
5.00 **Masters Snooker** The final.
6.45 **LIVE Masters Snooker** Coverage of the second and concluding session of the final on day eight from Alexandra Palace.
10.00 **Alpine Skiing** From Turin, Italy.
11.00 **Ski Jumping** From Zakopane.
12.00 M'T **Alpine Skiing** In Wengen.
12.30 **to 5.30** AM **LIVE Australian Open Tennis** Coverage of day nine of the first Grand Slam event of the season at Melbourne Park.

Eurosport 2

414 871 522 413 436

5.30 AM **LIVE Australian Open Tennis** The eighth day of the first Grand Slam event of the season.
9.15 **LIVE Alpine Skiing** Coverage from Wengen in Switzerland.
10.00 **LIVE Alpine Skiing** Coverage from Cortina d'Ampezzo, Italy.
11.30 **LIVE Biathlon** The men's 15km mass start event from Ruhpolding.
12.15 PM **LIVE Alpine Skiing** Further coverage from Wengen.
1.15 **LIVE Nordic Combined Skiing** Coverage from Schonach.
1.45 **LIVE Biathlon** From Ruhpolding.
2.45 **LIVE Cross-Country Skiing** Coverage from Les Rousses.
3.45 **LIVE Ski Jumping** Coverage from Zakopane in Poland.
4.50 **Figure Skating** From Turin, Italy.
7.00 **Alpine Skiing** Recent action.
9.00 **Ski Jumping** From Zakopane.
10.00 **Australian Open Tennis**
12.30 **to 5.30** AM **LIVE Australian Open Tennis** Coverage of the ninth day from Melbourne Park.

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **My Icon** Nasser Hussain.
6.15 **LIVE ICC U19 Women's World T20 India v West Indies.** The Group A match at Bayuemas Oval in Pandamaran.
9.30 **Good Morning Transfers**
10.00 **Super Sunday Matchday**
12.00 NOON **Sports Sunday**
4.30 PM **LIVE PGA Tour Golf** Coverage of the early stages on the fourth day of the American Express from PGA West Stadium Course at La Quinta Country Club.
9.00 **LIVE PGA Tour Golf** Further coverage of the fourth day of the American Express from PGA West Stadium Course at La Quinta Country Club in California.
12.00 M'T **Sky Sports News**
2.00 AM **My Icon** Charlotte Edwards.
2.15 **LIVE ICC U19 Women's World T20 Ireland v USA.** Coverage of the Group B match at Johor Cricket Academy Oval.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **F1 Classic Races**
3.05 PM **Luke Littler & Lando Norris**
3.15 **F1 Classic Races** A replay of the 2003 Brazilian Grand Prix. **5.30** Another chance to see the 2007 Brazilian Grand Prix. **7.30** The 2008 Brazilian Grand Prix from Interlagos in Sao Paulo. **9.30** Another chance to see the 2009 Brazilian Grand Prix.
11.45 **Sainz Says Farewell**
12.00 M'T **to 6.00** AM **The Home of F1**

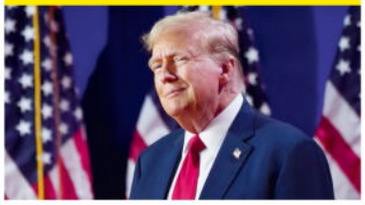
Monday

20 January

Evening Planner

Monday

Factual



President Trump's Inauguration

BBC1 & ITV1, from 3.30pm

Live coverage as Donald Trump takes the oath for his second term as US President.

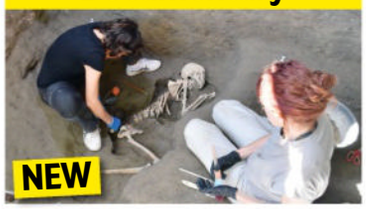
Football

Premier League

Sky Sports Main Event & Skty Sports Premier League, kick-off 8pm

Can Wolves turn their fortunes around as they make the away trip to Chelsea?

Documentary

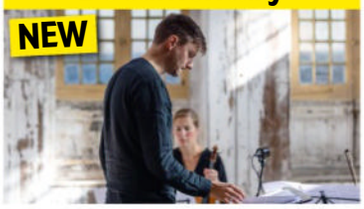


Pompeii: The New Dig

BBC2, 9pm

A new dig reveals more about life in the ancient Roman city, and the horror of the eruption of Mount Vesuvius in AD 79.

Documentary



The Lost Music of Auschwitz

Sky Arts , 9pm

How composer Leo Geyer is bringing music composed in the camp to life.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES									
101	BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama †	8.30 What...	9.00 Silent Witness		10.00 News; Local News	10.40 Have I...
102	BBC2	7.00 Where the...	7.30 Celebrity...	8.00 Only Connect	8.30 University...	9.00 Pompeii: The New Dig – House of...		10.00 QI	10.30 Newsnight
103	ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Out There		10.00 News; Local News	
104	CHANNEL 4	7.00 News		8.00 Jamie's £1 Wonders & Money-Saving...		9.00 24 Hours in Police Custody...		10.00 Katie Price: Making Babies	
105	CHANNEL 5	7.00 Ultimate Police Interceptors		8.00 Traffic Cops		9.00 The Michelle Mone Scandal: Where...		10.00 Motorway Cops: Catching America's...	
106	SKY SHOWCASE	7.00 The Simpsons		8.00 A League of Their Own		9.00 Film: The Bourne Supremacy			
ENTERTAINMENT									
115	BBC3	7.00 Gladiators		8.00 The Simple Life		9.05 The Traitors		10.05 The Traitors...	10.35 Man in the...
116	BBC4	7.00 Egyptian Journeys with Dan Cruickshank		8.00 Treasures of Ancient Egypt		9.00 The Man Who Shot Tutankhamun		10.00 Ancient Invisible Cities	
118	ITV2	◂ 6.10 Film: Fantastic Beasts: The Secrets of Dumbledore				9.00 Love Island: All Stars		10.05 Family Guy	
136	MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 Car S.O.S.		10.00 Guy Martin's Spitfire	
135	E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.00 Gogglebox	
107	SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 Fire Country		10.00 Law & Order: Special Victims Unit	
108	SKY ATLANTIC	◂ 6.55 Billions		7.55 Game of Thrones		9.00 The Tattooist of Auschwitz		10.00 The White Lotus	
110	U&GOLD	◂ 6.40 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Gavin & Stacey	10.00 The Royle Family	
111	U&DAVE	7.00 QI XL	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Dave Gorman: Modern Life Is Goodish	
119	ITV3	◂ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Unforgotten	
120	ITV4	◂ 6.55 The Motorbike Show		8.00 Monster Carp		9.00 Film: Aliens			
112	COMEDY CENTRAL	7.00 Friends				9.00 Impractical Jokers		10.00 Mr Bean	
139	SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead		10.00 Grimm	
113	SKY MAX	7.00 Stargate Universe		8.00 A League of Their Own		9.00 Ted			10.30 From
109	U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
130	SKY ARTS	◂ 6.55 The Alfred Hitchcock Hour		7.55 Perspectives: Eddie Redmayne on War Art		9.00 The Lost Music of Auschwitz			10.30 The Four...
132	U&W	7.00 DIY SOS: The Big Build Ireland		8.00 Pete Wicks: For Dogs' Sake		9.00 999 Rescue Squad			
DOCUMENTARY									
125	DISCOVERY	7.00 Salvage Hunters		8.00 Bitchin' Rides		9.00 Custom Carolina		10.00 Texas Metal	
162	ANIMAL PLANET	7.00 Crikey! It's the Irwins		8.00 Expedition Bigfoot				10.00 Alaska: The Last Frontier	
129	NAT GEO	7.00 Air Crash Investigation		8.00 UFOs: Investigating the Unknown		9.00 To Catch a Smuggler		10.00 Ice Road Rescue: Highway Havoc	
123	SKY HISTORY	7.00 Forged in Fire		8.00 The Great British Dig: History in Your...		9.00 Auschwitz – Countdown to Liberation			
155	U&YESTERDAY	7.00 Great American Railroad Journeys		8.00 Turkey with Simon Reeve		9.00 Villages by the Sea		10.00 Bangers & Cash	
121	SKY DOCS	7.00 Kingdom of Dreams		7.55 Burden of Proof: Who Killed Jennifer...		9.00 King in the Wilderness			
FILMS - Sky Cinema									
301	PREMIERE	◂ 6.15 Kill		8.00 Bad Boys: Ride or Die				10.00 A Quiet Place: Day One	
302	FEEL GOOD	◂ 6.10 The Wizard of Oz		8.00 Singin' in the Rain			9.45 Save the Cinema		
303	HITS	◂ 5.15 Mission: Impossible – Dead...		8.00 Dune: Part Two					
304	GREATS	◂ 6.00 Star Trek IV: The Voyage Home		8.00 Star Trek V: The Final Frontier			9.50 Star Trek VI: The Undiscovered Country		
305	ANIMATION	◂ 5.40 Angry...	7.25 The Angry Birds Movie 2			9.10 The Nut Job			
306	FAMILY	◂ 6.10 Johnny English	7.50 Dungeons & Dragons: Honour Among Thieves					10.10 Ride On	
307	STUNTS	◂ 5.50 Madame Web		8.00 Superman					10.25 Crouching Tiger...
308	COMEDY	◂ 6.20 The Nutty Professor		8.00 Nutty Professor II: The Klumps				10.00 Anger Management	
309	CRIME	◂ 5.25 The Day of the Jackal		8.00 Escape from Alcatraz				10.00 Sleepers	
310	DRAMA	◂ 4.40 Schindler's List		8.00 Allelujah			9.45 What If		
311	SCI-FI	◂ 6.10 Rampage		8.00 World War Z				10.10 Insidious: The Red Door	
313	FILM4	◂ 6.35 Charlie's Angels				9.00 The Revenant			
SPORT									
401	MAIN EVENT	◂ 6.30 MNF – Live: Chelsea v Wolverhampton Wanderers (Kick-off 8.00)							
402	PREMIER LEAGUE	◂ 6.30 MNF – Live: Chelsea v Wolverhampton Wanderers (Kick-off 8.00)							
403	FOOTBALL	◂ 6.30 Bundesliga...	7.30 EFL Highlights	8.00 WSL		9.00 EFL Highlights			10.30 Bundesliga...
404	CRICKET	◂ 3.00 SA20 – Live	7.30 Women's ICC...	8.00 Big Bash League		9.00 SA20			
410	TNT SPORTS 1	◂ 5.00 NBA – Live: Charlotte Hornets v Dallas Mavericks (Tip-off 5.00); Memphis Grizzlies v Minnesota Timberwolves (Tip-off 7.30); Golden State Warriors v Boston Celtics (Tip-off 10.00)							
411	TNT SPORTS 2	7.00 NBA – Live: All the action from the NBA on Dr. Martin Luther King JR. Day							

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition The team search for irreplaceable jewellery. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **Escape to the Country** New edition From Lincolnshire. (S)
3.30 LIVE **President Trump's Inauguration** Clive Myrie and Sophie Raworth present coverage from Washington, DC as the new US President is sworn in. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Silent Witness

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Ian and Cindy have a heart-to-heart, Reiss makes a scene at court, while Sonia has to make a big decision. (S)(AD)

8 PM

8.00 **Panorama: Should We Still Be Working From Home?** New edition The pros and cons of working from home. (S)
8.30 NEW **What Happened at Auschwitz** Marking 80 years since the camp's liberation. (S)(AD)

9 PM

9.00 **Silent Witness** New episode *Broken – Part One:* 5/10. A woman's hand is found in the canal, setting the Lyell team on the trail of the rest of her body. (S28) (S)(AD)
■ Continues tomorrow

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Have I Got News for You** Alexander Armstrong hosts the satirical current affairs quiz, with guest panellists Miles Jupp and Olivia Utley. (S)(R)
11.10 **Bump** New episodes 3/10. Angie begins her gruelling course of treatment at the hospital. (S)(AD) **11.45** 4/10. Dom and Tim finally open their record store, but their friendship is tested on opening night. Santi falls out with Vince again, and Bowie rediscovers his passion for acting. (S5) (S)(AD)
■ Entire series on BBC iPlayer
12.20 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.25 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **Bargain Hunt** (S)(R)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: The Repair Shop** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 LIVE **Bowls: World Indoor Championships** Coverage from Potters Resorts at Hopton-on-Sea, Norfolk, featuring the open pairs final and a first-round open singles match. (S)
5.15 **Pointless** New edition Quiz show hosted by Alexander Armstrong and Rob Rinder. (S)
6.00 **Richard Osman's House of Games** New edition Eniola Aluko, Phil Daniels, Nikita Kanda and Danny Miller compete. (S)
6.30 **Joanna Page's Wild Life** New edition 11/15. Joanna treats some birds of prey. (S)

6.30 Joanna Page's Wild Life

7.00 NEW **Where the Polar Bears Wait** A Canadian Arctic town under threat from polar bears. (S)
7.30 **Celebrity Mastermind** New edition With Tyger Drew-Honey, Kirsten O'Brien, Justine Greening and Guy Mowbray. (S)

8.00 **Only Connect** New edition The Al Frescans take on the Four Opinions. (S)
8.30 **University Challenge** New edition Amol Rajan hosts as the second round of the student quiz continues. (S)

9.00 NEW **Pompeii: The New Dig – House of Treasures** Documentary following an archaeological excavation at the ancient Roman city, showing what life was like in Pompeii before and after the eruption in AD 79. (S)(AD)

10.00 **QI** New edition 12/16. Eshaan Akbar, Jo Brand and Rhys James join regular panellist Alan Davies and host Sandi Toksvig. (S)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 FILM **Dark Waters** Drama starring Mark Ruffalo and Tim Robbins. A defence attorney takes on a lawsuit against a chemical company and unravels a history of pollution. (S)(AD) (2019, 12, 120min) ★★★★
1.05 AM **Sign Zone: Countryfile** (S)(R)
2.00 **Sign Zone: Silent Witness** *Homecoming – Part Two:* 4/10. The team uncover connections to a conspiracy. (S28) (S)(R)(AD)
3.00 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
2.30 **Pictionary** New edition Jeanette Kwakye and Eddie Kadi take part in the game show. (S)(AD)
3.00 **Deal or No Deal** New edition Stephen Mulhern hosts the game show as latest contestant Sami takes on the infamous Banker. (S)
4.00 LIVE **President Trump: The Inauguration** Tom Bradby presents an ITV News special from Washington, DC. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Out There

7.30 **Emmerdale** A bloody human tooth glistens on the floor of the depot, Laurel and Nicola deal with a situation, while Kim has an interesting proposal for Dawn. (S)(AD)

8.00 **Coronation Street** Lauren faces a fresh accusation in court, Leanne compensates Amy, Daniel demands a DNA test, Bethany accepts a job in London, and Toyah is stunned by Abi's vitriol. (S)(AD)

9.00 **Out There** New episode 2/6. Nathan is suspicious of the Land Rover he saw launching the drone, and when it leads him to his brother's girlfriend Robyn, he finds Caleb too. (S1) (S)(AD)
■ Entire series on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **The Real Manhunt: The Night Stalker** Susanna Reid interviews senior officers from Operation Minstead to tell the story of the 17-year hunt for the serial rapist known as The Night Stalker. (S)(R)(AD)
11.40 **The Real Vanishing Act: Missing Millionairess** Documentary exploring the disappearance of committed fraudster Melissa Caddick, which spawned many competing theories among web sleuthing communities. (S)(R)(AD)
1.05 AM **Teleshopping**
3.00 **Lingo** (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 19-21/27. (S9) (S)(R)
7.45 **The King of Queens** (S)(R)(AD)
8.40 **Frasier** (S1) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** From California. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Jen and Nick from Essex set up a new charity for retired sports horses in France. (S)
5.00 **Junior Bake Off** New edition 11/15. Harry Hill hosts Finals Week as the best eight bakers from the heats return. (S)(AD)
6.00 **A Place in the Sun** New edition A South Lanarkshire couple hope to find their perfect holiday home on Spain's Orihuela Costa. (S)

8.00 Jamie's £1 Wonders...

7.00 **News** (S)

8.00 **Jamie's £1 Wonders & Money-Saving Meals** New edition 3/6. Jamie Oliver reveals a way to use up leftovers and keep costs down with easy stuffed dumplings, and rattles out a budget-friendly cheat's fish and chips. (S)(AD)

9.00 **24 Hours in Police Custody: The Unusual Suspects** New edition How the new routes behind large-scale cannabis importation are leading police to some very different suspects. (S)(AD)

10.00 NEW SERIES **Katie Price: Making Babies** 1/2. Documentary following the media personality as she and her partner at the time, Carl, undergo IVF treatment in the hope of growing their family. (S)(AD)
■ Concludes tomorrow
11.05 **First Dates** William and Zara meet on their first-ever dates. (S)(R)(AD)
12.05 AM NEW **Walter Presents: Blackwater** 1/6. Swedish crime drama. Subtitled. (S1)
■ Entire series on C4 streaming
1.15 **Ramsay's Kitchen Nightmares USA** From Denver. (S)(SL)(R)
2.05 **Manhunt** (S)(SL)(R)(AD)
3.00 **Hollyoaks Omnibus** (S)(SL)(R)
4.05 **Frasier** 20-23/24. (S9) (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 105 5 105 105 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S8) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 **Picture Perfect Mysteries: Dead Over Diamonds** Crime drama starring Alexa and Carlos PenaVega. (S)(R)
4.00 **Bargain-Loving Brits in the Sun** New edition In Mijas, retirees Jack and Lesley host a charity quiz night. (S)(AD)
5.00 **Trump Takes Power: 5 News Special** The inauguration of Donald Trump as President. (S)
6.00 **Winter Road Rescue** Double bill following snowplough teams and RAC patrols. (S)(R)
6.55 **News** (S)

10.00 Motorway Cops: Catching...

7.00 **Ultimate Police Interceptors** New edition A look back at highlights of the series, showcasing the bravery of officers on the frontline. (S)
7.55 **News** (S)

8.00 **Traffic Cops** New edition A suspected disqualified driver fails to stop for officers, hitting speeds in excess of 150 mph but in severe and dangerous weather conditions, the driver disappears. (S)

9.00 **NEW The Michelle Mone Scandal: Where Did Our Money Go?** Examining the scandal surrounding Michelle Mone's involvement in a government contract to supply PPE during the pandemic. (S)

10.00 **Motorway Cops: Catching America's Speeders** New edition In New Jersey, a shopping plaza is the scene of a daylight shooting, and sergeant Rob Marks responds to a driver who has smashed into two parked cars. (S)

11.05 **Police: Suspect No 1** (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **The Kennedys: A Fatal Attraction** 2/2. Events after the assassination of JFK. (S)(R)
3.50 **Rich House, Poor House** (S)(R)
4.40 **Divine Designs** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128

SKY SHOWCASE

106 106 806 109 340 355

6.00 AM **Sky News Breakfast**
7.00 **Kay Burley**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S5) (S)(R)(AD)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **MacGyver** 10/13. (S4) (S)(R)
5.00 **The Simpsons** *Once Upon a Time in Springfield:* Romance blossoms between Krusty and his new co-star. (S)(R) **5.30** *Rednecks and Broomsticks:* Lisa accepts an invitation to join a Wiccan coven. (S)(R)
6.00 **The Office (US)** 13/26. Andy's Secret Santa gifts prove to be unsuccessful. (S)(R) **6.30** 14/26. A potential buyer of Dunder Mifflin visits. (S6) (S)(R)

9.00 The Bourne Supremacy

7.00 **The Simpsons** *Million Dollar Maybe:* Homer wins $1 million on the lottery, but keeps it a secret. (S)(R) **7.30** *Boy Meets Curl:* Homer and Marge play for a curling team in the Winter Olympics. (S)(R)

8.00 **A League of Their Own** 2/8. Romesh Ranganathan hosts the comedy quiz as Luke Littler, Tom Davis and Alex Brooker join regulars Jamie Redknapp, Micah Richards and Jill Scott. (R)

9.00 **FILM The Bourne Supremacy** Spy thriller sequel based on the novel by Robert Ludlum, starring Matt Damon. A former CIA assassin tries to discover why his enemies want to kill him. With Franka Potente, Brian Cox, Julia Stiles and Joan Allen. (S) (2004, 12, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.00 **Veep** 7/10. A would-be assassin breaks into the White House. (S)(R)(AD) **11.35** 8/10. Selina comes down with the flu. (S4) (S)(R)(AD)
12.10 AM **The Force: Manchester** (R)
1.05 **Brit Cops: Rapid Response** (R)
2.00 **Road Wars** (S)(R)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **MacGyver** (S4) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
8.00-8.30pm Disclosure: Matched with a Predator New edition (S) **11.10** Sportscene: Scottish Cup Highlights (S)(R) **11.40** Panorama: Should We Still Be Working From Home? New edition (S) **12.10am** Bump New episodes (S) (AD) **1.20** Scotcast (S)(R) **1.50** Weather for the Week Ahead (S) **1.55-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
8.00-8.30pm Anna Haugh's Big Irish Food Tour New edition (S) **10.40-11.10pm** Panorama: Should We Still Be Working From Home? New edition (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cysgu O Gwmpas (AD) **12.30** Heno **1.00** Efaciwis (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cymru Wyllt **4.00** Awr Fawr **5.00** Stwnsh **6.00** Bwrdd i Dri **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Gwladfa: Gwilym Bowen Rhys New edition **8.25** Y Ci Perffaith New edition **8.55** Newyddion a'r Tywydd **9.00** Cefn Gwlad (AD) **9.30** Amour & Mynydd **10.30** Jonathan **11.30pm-12.05am** Codi Hwyl

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 107/113 23 107 107

BBC3 programmes start at 7.00pm

7.00 PM **Gladiators** Bradley and Barney Walsh host the physical challenge contest.
7.55 **The Catch Up**
8.00 **The Simple Life** Paris Hilton and Nicole Richie enter the working world. **8.25** Paris and Nicole must cope with a plastic surgery internship. **8.45** Paris Hilton and Nicole Richie take on ordinary jobs across America.
9.05 **The Traitors** 8/12. After being tested, the Faithfuls' hunger for Traitors intensifies.
10.05 **The Traitors: Uncloaked** 8/12. Ed Gamble and his guests discuss the latest developments in the castle.
10.35 **Man in the Arena: Tom Brady** 3&4/10. Double bill.
12.20 AM **Back to Life**
1.20 **The Fast and the Farmer-ish** Tractor contest.
1.50 **Ballers: Ball or Nothing**
2.20 **Drugs Map of Britain**
2.50 **Back to Life**
3.45 **to 4.00** AM **Calamity James**

BBC4

116 107/108 9/24 106 108

BBC4 programmes start at 7.00pm

7.00 PM **Egyptian Journeys with Dan Cruickshank** Dan tours the spectacular underground tombs in the Valley of the Kings. **7.30** The life of British archaeologist Howard Carter.
8.00 **Treasures of Ancient Egypt** 1/3. Alastair Sooke tells the story of Ancient Egyptian art through 30 masterpieces, beginning by looking at the works created by the country's earliest inhabitants.
9.00 **The Man Who Shot Tutankhamun** Margaret Mountford investigates the story of British photographer Harry Burton.
10.00 **Ancient Invisible Cities** 1/3. The historical secrets of Cairo and Ancient Egypt.
11.00 **Tutankhamun's Egypt**
12.00 M'T **Archaeology: A Secret History**
1.00 AM **Egyptian Journeys with Dan Cruickshank**
2.00 **Ancient Invisible Cities**
3.00 **to 4.00** AM **Treasures of Ancient Egypt**

MORE4

136/137 831 147 18 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions from Newcastle.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw head to Leeds to restore an extremely rare and valuable AC Aceca. **6.55** Fuzz and Tim restore a 1970s Datsun 240z that belongs to a busy doctor.
7.55 **Grand Designs** Kevin McCloud meets Greg and Georgie who are taking on the highly-ambitious task of converting a dilapidated, 35-year-old barn in Kent.
9.00 **Car S.O.S** With town planner Maz suffering from a serious genetic disorder, Fuzz Townshend and Tim Shaw work on restoring his iconic BMW E30 Alpina.
10.00 **Guy Martin's Spitfire** Guy joins a two-year project to rebuild a Spitfire shot down over northern France in 1940, and finally recovered in the 1980s.
11.35 **24 Hours in A&E** A 66-year-old is rushed in after struggling to breathe through her tracheostomy.
12.40 AM **Car S.O.S** As 9.00pm.
1.40 **Guy Martin's Spitfire**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 830 106 13 122

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **Hollyoaks**
7.30 **Modern Family** 2/18. Jay attempts to spend quality time with Manny. (S11)
8.00 **The Simpsons** *Ned 'n' Edna's Blend Agenda:* Ned and Edna tie the knot. **8.30** *The Serfsons:* In a magical medieval world, Marge's mother is turned into an Ice Walker.
9.00 **Celebrity Gogglebox** Famous faces appraise *Big Brother: Best Shows Ever*, *Scarface* and *Countdown*.
10.00 **Gogglebox** Opinions on *The Great Celebrity Bake Off for Stand Up To Cancer* and *Race Across the World*.
11.05 **Naked Attraction**
12.10 AM **First Dates**
1.15 **Celebrity Gogglebox**
2.20 **Gogglebox**
3.10 **Teen First Dates**
4.05 **Brooklyn Nine-Nine**
4.30 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 306 30 123

Monday primetime primetime

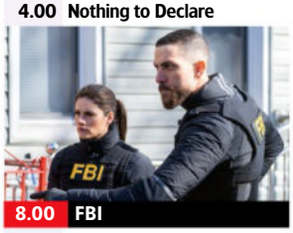
MONDAY Entertainment

Monday

Sky Witness

107 807 110 341 356

- **6.00** AM **The Force: Manchester**
- **7.00** **Motorway Patrol**
- **8.00** **Border Patrol**
- **9.00** **Brit Cops: Law & Disorder**
- **10.00** **Border Security: Canada's Front Line** Double bill.
- **11.00** **Bull** 10/22. (S6)
- **12.00** NOON **FBI** 10/22. (S5)
- **1.00** PM **FBI: International** 10/22. An American player from a Lithuanian basketball team goes into cardiac arrest. (S2)
- **2.00** **Caught on Dashcam**
- **3.00** **UK Border Force**
- **4.00** **Nothing to Declare**



8.00 FBI

7 PM

- **7.00** **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

- **8.00** **FBI** *Obligation:* 17/22. The team must work quickly when the deputy commander of an air base is kidnapped. (S5)

9 PM

- **9.00** **Fire Country** *At the End of My Rope:* 20/22. The crew respond to a deadly explosion at an abandoned mine. (S1)

10 PM

- **10.00** **Law & Order: Special Victims Unit** *A Better Person:* 8/22. The unit hunt for a suspect who killed a detective's child. (S24)
- **11.00** **The Rookie** 20/20. (S1)
- **12.00** M'T **The Good Doctor** (S2)
- **1.00** AM **FBI: Most Wanted** (S4)
- **2.00** **Chicago Med** 7/13. (S9)
- **3.00** **FBI** 15/22. The team investigate an ex-Marine gone rogue. (S5)
- **4.00** **Air Ambulance ER**
- **5.00** **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

- **6.00** AM **Urban Secrets**
- **7.10** **The Sopranos** (S4&5)
- **9.40** **Billions** 9&10/12. (S2)
- **12.05** PM **Game of Thrones** (S2)
- **1.10** **Boardwalk Empire** (S5)
- **3.30** **The Sopranos** 13/13. Carmela throws Tony out. (S4)
  4.50 1/13. Tony hopes he can persuade Dr Melfi to see him in a new light. (S5)
- **5.50** **Billions** 9/12. Lara plans a birthday celebration for Axe.
  6.55 10/12. Chuck considers the pitfalls while being vetted for political advancement. (S2)

5.50 Billions

- **7.55** **Game of Thrones** *The North Remembers:* 1/10. Robb Stark marches south to avenge his father, and Stannis Baratheon sets his sights on the Iron Throne. (S2)
- **9.00** **The Tattooist of Auschwitz** 4/6. Gita grows worried over the whereabouts of Lali. (S1)
- **10.00** **The White Lotus** *Bull Elephants:* 3/7. Harper decides to be a more pleasant version of herself for the day. (S2)
- **11.15** **The Gilded Age** 3/8. (S2)
- **12.20** AM **Gangs of London** 8/8. Elliot's conflict reaches an exhilarating climax. (S2)
- **1.35** **Big Little Lies** 4/7. (S2)
- **2.35** **Game of Thrones** As 7.55pm.
- **3.40** **Gomorrah** 5/12. (S3)
- **4.50** **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

- **6.00** AM **S.W.A.T.** (S4&5)
- **8.00** **Supergirl** 7/20. (S6)
- **9.00** **Stargate Universe** (S2)
- **11.00** **DC's Legends of Tomorrow**
- **12.00** NOON **Supergirl** 9/20. (S6)
- **1.00** PM **S.W.A.T.** 2&3/22. (S5)
- **3.00** **Magnum P.I.** 20/20. (S5)
- **4.00** **MacGyver** 10/13. Mac is put into a dream state. (S4)
- **5.00** **DC's Legends of Tomorrow** 4/13. The team upset the Mob in Prohibition-era Chicago. (S7)
- **6.00** **Stargate Universe** 1/20. The *Destiny* continues its journey through the universe. (S2)

5.00 DC's Legends of Tomorrow

- **7.00** **Stargate Universe** *Aftermath:* 2/20. The battle between the crew and the Lucian Alliance rages on. (S2)
- **8.00** **A League of Their Own** Romesh Ranganathan hosts the quiz, with guests Luke Littler, Tom Davis and Alex Brooker .
- **9.00** **Ted** 3/8. Ted and John plan to take revenge on the school bully.
  9.45 4/8. John and Ted go to great lengths so that they can watch their first adult film. (S1)
- **10.30** **From** *Shatter:* 1/10. Boyd feels the town slipping away from him. (S3)
- **11.35** **From** 2/10. Boyd struggles to find a path forward as the town says farewell to one of their own, and Tabitha finds help from an unlikely ally. (S3)
- **12.50** AM **Warrior** 6/10. (S3)
- **2.00** **Road Wars**
- **3.00** **Magnum P.I.** 20/20. (S5)
- **4.00** **MacGyver** 10/13. (S4)
- **5.00** **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

- **6.00** AM **CITV**
- **9.00** **Totally Bonkers Guinness World Records**
- **9.10** **World's Funniest Videos**
- **10.00** **Secret Crush** Double bill.
- **12.00** NOON **Dinner Date**
- **1.00** PM **Supermarket Sweep**
- **2.05** **In with a Shout**
- **3.05** **Charmed** 19/23. The sisters are put on trial. (S6)
- **4.05** **Gilmore Girls** 17/22. Paris is forced to face a few home truths, and Rory makes a decision about her future. (S3)
- **5.05** **Dinner Date**

6.10 ...Secrets of Dumbledore

- **6.10** **FILM Fantastic Beasts: The Secrets of Dumbledore** Fantasy sequel starring Eddie Redmayne. Dumbledore must assist Newt as Grindelwald leads an army to destroy all Muggles. (2022, 12, 142min) ★★★
  SEX ●●● VIOLENCE ●●● LANG ●●●
- **9.00** **Love Island: All Stars** New edition After the first week in paradise, our All Stars know that finding love can be hard.
- **10.05** **Family Guy** 19/20. Stewie has an accident on a slide.
  10.35 20/20. Peter goes to a conference in Atlantic City. (S20)
- **11.05** **Family Guy** 12/20. Lois attends her high-school reunion. (S20)
- **11.35** **American Dad!** (S17)
- **12.35** AM **Bob's Burgers** (S9)
- **1.35** **Iain Stirling's CelebAbility**
- **2.20** **Unwind with ITV**
- **3.00** **Teleshopping**
- **3.30** **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

- **6.00** AM **Classic Emmerdale**
- **7.00** **Classic Coronation Street**
- **8.10** **The Darling Buds of May**
- **9.30** **The Royal** Double bill.
- **11.40** **Heartbeat** Double bill.
- **1.40** PM **Classic Emmerdale**
- **2.40** **Classic Coronation Street**
- **3.40** **A Touch of Frost** *Hidden Truth:* Detective Jack Frost searches for a woman who witnessed a gangland murder.
- **5.55** **Heartbeat** *Cold Turkey:* As Christmas arrives, the locals have their very own Scrooge to contend with.

10.00 Unforgotten

- **6.55** **Heartbeat** *Sylvia's Mother:* An elderly patient's death arouses suspicion, and one of Blaketon's old flames reappears.
- **8.00** **Midsomer Murders** *The Silent Land:* Joyce Barnaby is involved in a car accident, and when a body is found in a cemetery she thinks she is to blame, leading Tom into an investigation to find the real killer. Guest stars Danny Webb.
- **10.00** **Unforgotten** 2/6. The team identify a body and learn the cause of death was due to a gunshot. (S5)
- **11.00** **Wire in the Blood** 3/4. Hill investigates a series of deaths resembling the martyrdoms of Christian saints. (S4)
- **12.55** AM **The Darling Buds of May**
- **2.00** **Unwind with ITV**
- **2.30** **Teleshopping**
- **3.30** **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- **12.00** NOON **This Is BBC Scotland**
- **2.00** PM **Sign Zone: Money for Nothing**
- **2.45** **Sign Zone: Repair Shop on the Road**
- **3.30** **Sign Zone: Grand Tours of Scotland's Rivers**
- **4.00** **Sign Zone: For Peat's Sake** The Isle of Lewis.
- **4.30** **This Is BBC Scotland**
- **7.00** **Reporting Scotland**
- **7.30** **Life on the Bay**
- **8.00** **Repair Shop on the Road** New edition Will Kirk and Dominic Chinea fix items around the UK.
- **8.45** **Rewind 1980s**
- **9.00** **Jules and Greg's Wild Swim** Series finale 5/5. The couple tackle their coldest swim yet.
- **9.30** **Stevens & McCarthy**
- **10.25** **The Scotts** 5/6. (S3)
- **10.55** **Loop** Rae-Yen Song.
- **11.00** **Scotcast** New edition
- **11.30** PM **to 12.00** M'T **Best of Chewin' the Fat**

Sky Comedy

114/115 814 112 347 362

- **8.00** AM **Ballers** (S3)
- **9.15** **The Conners** (S2)
- **10.15** **Silicon Valley** (S3)
- **11.25** **Barry** 5&6/8. (S3)
- **12.35** PM **Entourage** (S4&5)
- **1.50** **Silicon Valley** (S3)
- **3.05** **Barry** 5&6/8. (S3)
- **4.25** **Ballers** 8/10. (S3)
- **5.45** **The Office (US)** (S6)
- **6.45** **The Conners** (S2)
- **7.45** **Ballers** 1&2/10. (S3)
- **9.00** **And Just Like That...** *Trick or Treat:* 5/11. Carrie has a run-in with a tech entrepreneur.
  9.55 *Bomb Cyclone:* 6/11. Carrie asks Che to be her moral support. (S2)
- **10.50** **Veep** 7/10. A would-be assassin breaks into the White House.
  11.30 8/10. Selina comes down with the flu. (S4)
- **12.10** AM NEW SERIES **Real Time with Bill Maher**
- **1.20** **Black Monday** (S3)
- **2.30** **Barry** 5&6/8. (S3)
- **3.40** **Betty** 6/6. (S2)
- **4.20** **to 5.00** AM **Togetherness**

Sky Arts

130/131 826 123 36 143 365

- **6.00** AM **Battle of the Bagpipes** Documentary.
- **7.00** **Bagpipes: A Celebration**
- **8.00** **The Joy of Painting**
- **9.00** **Tales of the Unexpected**
- **10.00** **Hitchcock Presents**
- **11.00** **Discovering**
- **12.00** NOON **Landscape...**
- **1.00** PM **Tales of the...**
- **2.00** **Stories from the National Gallery**
- **3.00** **Discovering**
- **4.00** **The Great Songwriters**
- **5.00** **Landscape Artist 2019**
- **5.55** **Tales of the Unexpected**
- **6.55** **Alfred Hitchcock Hour**
- **7.55** **Perspectives**
- **9.00** NEW **The Lost Music of Auschwitz**
- **10.30** **Nigel Kennedy: The Four Seasons**
- **11.40** **André Rieu: How It All Began**
- **12.40** AM **John Williams: The Berlin Concert**
- **2.30** **Back to Basquiat**
- **3.45** **Art of the Joy of Sex**
- **4.45** **Music Icons**
- **5.40** **to 6.00** AM **Arts Uncovered**

Sky Mix

151 135 11 141

- **7.00** AM **Nothing to Declare**
- **9.00** **Monkey Life**
- **10.00** **Stop, Search, Seize**
- **11.00** **Highway Patrol**
- **12.00** NOON **Motorway Patrol**
- **1.00** PM **Border Patrol**
- **2.00** **Monkey Life**
- **3.00** **Nothing to Declare**
- **4.00** **Star Trek: The Next Generation** 11/26. (S6)
- **5.00** **Atlantis** 11/13. (S2)
- **6.00** **Star Trek: Deep Space Nine** 5/26. (S7)
- **7.00** **Star Trek: Voyager** (S3)
- **8.00** **Hawaii Five-0** *Ka'ili aku (Snatchback):* 11/25. Chin's niece Sara is kidnapped. (S7)
- **9.00** **SEAL Team** (S3)
- **11.00** **Britain's Most Evil Killers** Roy Whiting.
- **12.00** M'T **Snapped**
- **1.00** AM **Nothing to Declare**
- **2.00** **Brit Cops: Frontline Crime UK** Documentary.
- **3.00** **Highway Patrol**
- **4.00** **Border Patrol**
- **5.00** **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

- **7.30** AM **Unwind**
- **7.40** **Buying the View**
- **8.10** **Fletchers' Family Farm**
- **9.10** **Million Dollar Listing: LA**
- **10.10** **Worst to First** New edition
- **11.05** **The Real Housewives of Beverly Hills**
- **12.05** PM **Fletchers' Family...**
- **1.05** **Only Way Is Essex**
- **2.05** **Dinner Date**
- **3.10** **Scott's Vacation House Rules** New edition
- **4.05** **The Real Housewives of Beverly Hills**
- **5.00** **The Real Housewives of New Jersey**
- **6.00** **Buying and Selling**
- **7.00** **Gino's Italy** Double bill.
- **8.00** **Dinner Date**
- **9.00** **Emergency Nurses: A&E Stories**
- **10.00** **The Real Housewives of Orange County**
- **11.00** **The Real Housewives Ultimate Girls' Trip**
- **12.10** AM **Only Way Is Essex**
- **1.15** **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

- **8.00** AM **Diagnosis Murder**
- **10.00** **Father Dowling Mysteries** 6/8. (S1)
- **11.00** **Sue Thomas: F.B.Eye**
- **12.00** NOON **Hart to Hart**
- **2.00** PM **Father Dowling Mysteries** 3/13. (S2)
- **3.00** **Diagnosis Murder**
- **5.00** **Murder, She Wrote**
- **7.00** **M*A*S*H** 19-22/26. (S7)
- **9.00** **Randall and Hopkirk (Deceased)** *The Trouble with Women:* 23/26. Jeff and Marty investigate a gambling club. (S1)
- **10.00** **The New Avengers** *Sleeper:* 10/13. An unknown enemy unleashes a sleeping gas in London. (S1)
- **11.00** **The Persuaders!** (S1)
- **12.00** M'T **M*A*S*H** (S7)
- **2.00** AM **Randall and Hopkirk (Deceased)**
- **3.00** **The Persuaders!** (S1)
- **4.00** **Highway to Heaven**
- **4.50** **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.05 **The Professionals**
8.10 **The Adventures of Sherlock Holmes** Murder mystery.
9.20 **Magnum, PI**
10.20 **Kojak**
11.25 **BattleBots**
12.25 PM **The Return of Sherlock Holmes** Murder mystery.
1.35 **Magnum, PI**
2.35 **Kojak**
3.45 **Minder**
4.50 **The Professionals**
5.50 **BattleBots** New edition

9.00 Aliens

6.55 **The Motorbike Show** Henry Cole and Sam Lovegrove continue their rebuild of a Harley WLC.

8.00 **Monster Carp** Ali, Dovey and Spooner head to Crete Lakes, a prestigious water that holds colossal carp up to 85lbs.

9.00 FILM **Aliens** Sci-fi action thriller starring Sigourney Weaver. After 57 years in hyper-sleep, Ripley returns to the alien-infested planet with a company of Marines. With Michael Biehn, Paul Reiser and Carrie Henn. (1986, 15, 137min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Auf Wiedersehen, Pet** 1&2/13. Double bill. (S1)
1.40 AM **Two and a Half Men** (S1)
2.30 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **Motorsport Mundial**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 2/26. (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 17/26. (S5)
2.00 **Warehouse 13** 11/13. (S1)
3.00 **Stargate SG-1** 4/20. (S8)
4.00 **Star Trek: Voyager** 16/16. (S1)
5.00 **Star Trek: Deep Space Nine** 17/26. Odo falls in love. (S5)
6.00 **Star Trek: The Next Generation** 2/26. Data faces a race against time. (S3)

7.00 Warehouse 13

7.00 **Warehouse 13** *Breakdown:* 11/13. Pete and Myka become trapped in the warehouse. (S1)

8.00 **Stargate SG-1** *Zero Hour:* 4/20. General O'Neill assumes full command of the base, but faces more than one crisis. (S8)

9.00 **The Walking Dead** *Chupacabra:* 5/13. Daryl is injured, leaving him open to attack from walkers. (S2)

10.00 **Grimm** *Tarantella:* 11/22. Nick and Hank hunt for a spider creature that devours the internal organs of men. (S1)

11.00 **SurrealEstate** 3/10. Luke finds himself out of his depth while selling a legacy haunting. **12.00** M'T 4/10. Luke investigates when identical problems occur in multiple newly-built homes. (S1)
1.00 AM **True Blood** 3&4/12. (S1)
3.00 **Room 104** 11&12/12. (S1)
4.05 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 12/16. (S2)
12.00 NOON **The Mentalist** (S4)
1.00 PM **Death in Paradise** (S12)
2.00 **Murdoch Mysteries** (S7)
4.00 **Miss Scarlet and the Duke**
5.00 **Hudson & Rex** 12/16. The duo investigate the rivals of a vitriolic chef. (S2)
6.00 **Father Brown** *The Hermit of Hazelnut Cottage:* Brenda becomes embroiled in a local dispute that ends in murder.

10.00 Father Brown

7.00 **The Mentalist** *Scarlet Ribbons:* 1/24. Jane is taken into custody for shooting the man he believed to be serial killer Red John. (S4)

8.00 **White Collar** *On Guard:* 1/16. Neal and Peter have to put their differences aside to track down a notorious thief. (S3)

9.00 **Death in Paradise** *Sins of the Detective – Part Two:* 7/8. The team must prove Neville's innocence. With Robert Webb. (S12)

10.00 **Father Brown** *The Sacrifice of Tantalus:* A man suspected of killing a police officer is seen near Kembleford.

11.00 **The Mentalist** 23/24. Part one of two. Jane believes serial killer Red John is hunting Hightower. (S3)
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **CSI: Vegas** 6/21. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.30 AM **Highlights**
9.20 **Only Fools and Horses**
10.00 **Are You Being Served?**
10.40 **Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **Only Fools and Horses**
2.00 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Keeping Up Appearances**
6.00 **Are You Being Served?**
6.40 **Dad's Army**

8.00 dinnerladies

7.20 **Dad's Army** The older members of the platoon take drastic action in a bid to look younger.

8.00 **dinnerladies** The staff have a bet on Bren's chances with Tony.
8.40 **Miranda** Penny and Miranda are taken into police custody and made to see a therapist.
9.20 **Gavin & Stacey** Bryn organises a surprise party for Gwen's birthday.

10.00 **The Royle Family** Jim causes so much friction in the Royle household that Barbara walks out.
10.40 **dinnerladies** As 8.00pm.
11.25 **Miranda** As 8.40pm.
12.05 AM **Gavin & Stacey**
12.40 **The Royle Family** As 10pm.
1.20 **Miranda** As 8.40pm.
2.00 **Gavin & Stacey** As 9.20pm.
2.30 **The Royle Family** As 10pm.
3.05 **to 4.00** AM **Last of the Summer Wine**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Survivor South Africa**
8.00 **Special Ops: Crime Squad UK**
10.00 **Extreme Fishing with Robson Green** Double bill.
12.00 NOON **American Pickers**
2.00 PM **Our Guy in Latvia**
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Chicken and Egg** Dave and Si visit the remains of the world's first poultry farm in Israel.
6.00 **Rick Stein's Cornwall** Rick makes heritage cider. **6.30** The chef pays a visit to Europe's largest tea plantation.

10.00 Modern Life Is Goodish

7.00 **QI XL** With guests David Mitchell, Sami Shah and Sue Perkins.
7.40 **Richard Osman's House of Games** Guests include Patsy Kensit, Mae Martin and Jake Humphrey. **8.20** Guests include Mina Anwar, Glen Moore and Shaun Williamson.

9.00 **QI XL** Guests Holly Walsh, Joe Lycett and Bill Bailey join regular panellist Alan Davies and host Sandi Toksvig.

10.00 **Dave Gorman: Modern Life Is Goodish** The comedian shares his absurd take on modern fatherhood.

11.00 **8 Out of 10 Cats** With guests Kerry Godliman, Nish Kumar, Fred Sirieix and Judi Love.
11.55 **Mock the Week** Double bill.
1.15 AM **QI XL** As 7.00pm.
1.55 **Survivor South Africa**
3.00 **to 4.00** AM **Meet the Richardsons**

+1 hour 211/212 327 74

Monday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
12.30 PM **A Place in the Sun**
2.30 **Frasier** 1-3/24. (S9)
4.00 **Junior Bake Off**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **A Place in the Sun**
7.45 **The Great Pottery Throw Down** The 10 remaining potters attempt a children's toy Noah's ark and animals.
9.00 **24 Hours in A&E** A 74-year-old has potentially life-threatening injuries after being crushed under a caravan. **10.00** Compilation of memorable moments from the series.
11.05 **Celebrity Gogglebox**
12.10 AM **The Big Fat Quiz of Everything 2025**
2.10 **24 Hours in Police Custody** Documentary.
3.15 **Sarah Beeny's New Life in the Country**
4.15 **to 4.45** AM **Jamie's One-Pan Wonders**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 18-20/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Faith:* 10/24. A Marine is found murdered after changing his religious persuasion. **7.00** *Ignition:* 11/24. The team investigate the murder of a Navy pilot. **8.00** *Flesh and Blood:* 12/24. Guest stars Robert Wagner. (S7)
9.00 NEW SERIES **NCIS** *Algún Día:* 1/10. The team must help Torres when he puts his future on the line. (S21)
10.00 **Law & Order: Special Victims Unit** *Gray:* 9/24. A woman claims to have been raped by a fellow student. (S12)
11.00 **Law & Order: Special Victims Unit** (S12&11)
1.50 AM **Criminal Minds**
2.50 **Law & Order** (S17)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Dr Eleanor Beecraft sees a smoker who has developed a chronic lung condition.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red** Medics attend to a driver trapped in his car.
10.00 **A&E After Dark**
11.00 **Skin A&E**
12.00 M'T **999: Emergency Call Out** Documentary.
1.00 AM **Dexter** 3&4/12. (S1)
3.00 **GPs: Behind Closed Doors** Medical series.
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.10 **Outback Truckers**
10.10 **Traffic Cops**
11.10 FILM **Hellfire** Western. (1949, PG, 90min) ★★
1.05 PM FILM **Belle Starr** Western adventure. (1941, PG, 87min) ★★★
3.00 **Extreme Winter Road Rescue** Documentary.
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Storms bring travel chaos to the roads.
8.00 **Rescue 999: Seconds to Save a Life**
9.00 FILM **The Glimmer Man** Action thriller starring Steven Seagal. (1996, 18, 91min) ★
10.55 **Extreme Tow Truckers**
11.55 **Ice Cold Catch**
12.55 AM **Police Interceptors**
1.55 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Bigger Build Ireland**
12.00 NOON **DIY SOS: The Big Build Ireland**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Bigger Build Ireland**
7.00 **DIY SOS: The Big Build Ireland** The team make a property in Cork wheelchair-friendly.
8.00 **Pete Wicks: For Dogs' Sake**
9.00 **999 Rescue Squad**
11.00 **Preaching Evil: A Wife on the Run with Warren Jeffs**
12.00 M'T **Stacey Dooley Sleeps Over**
1.00 AM **MasterChef Canada**
2.00 **to 3.00** AM **Property Brothers: Forever Homes**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Classic Doctors**
9.10 **Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Bergerac**
4.10 **All Creatures Great and Small**
5.25 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Brokenwood Mysteries** *To Die or Not to Die:* 2/4. During a performance of *Hamlet*, a young cast member collapses and dies. (S2)
10.00 **New Tricks** *Buried Treasure:* Two people confess to a murder.
11.20 **Bergerac** Jim investigates the theft of a racehorse.
12.30 AM **Mrs Sidhu Investigates**
2.30 **to 4.00** AM **Holby City**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes in the City** From Barcelona.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Salvage Hunters Celebrity Special**
11.00 **A Place in the Sun**
1.00 PM **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
9.00 **The Yorkshire Auction House** New edition A hunt for lost gold in a Glasgow flat proves a challenge for Angus.
10.00 **The Yorkshire Auction House** Angus takes a trip down memory lane with two cherished childhood collections. **11.00** A Gibson guitar goes under the gavel.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Through the Keyhole**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **Through the Keyhole**
7.00 **Tenable** Warwick Davis hosts as five postal workers from Morecambe try to answer questions about top 10 lists.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** Quiz show.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** Quiz show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.00 AM **The Panzer**
9.00 **FILM Gunfighters** Western adventure. (1947, PG, 87min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM War of the Wildcats** Western. (1943, b/w, U, 102min) ★★
3.20 **FILM Angel and the Badman** Western. (1947, b/w, U, 100min) ★★★
5.30 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers** (S5)
9.00 **FILM The Commando** Crime thriller starring Michael Jai White and Mickey Rourke. (2022, 15, 89min) ★★
11.10 **FILM The Duel** Western. (2016, 15, 110min) ★★
1.30 AM **FILM Stormageddon** Fantasy. (2015, PG, 90min) ★★
3.20 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM **FILM Campus Caller** Thriller. (2016, 12) ★★
11.00 **FILM Below the Surface** Thriller. (2016, PG, 90min) ★★
1.00 PM **FILM I Almost Married a Serial Killer** Thriller. (2019, 12) ★★
3.00 **FILM A Date to Die For** Thriller with Victoria Pratt. (2015, PG, 88min) ★★
5.00 **FILM Mom Wars** Thriller. (2017, PG, 87min) ★★
7.05 **FILM Polar Storm** Sci-fi action thriller. (2009, PG, 92min) ★★
9.00 **FILM Knowing** Sci-fi mystery thriller. (2009, 15, 116min) ★★★★
11.30 **FILM The Trust** Comedy. (2016, 15, 90min) ★★★
1.30 AM **FILM The Gourmet Detective** Mystery. (2015, PG, 90min) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM Deadly Hope** Thriller. (2012, PG, 87min) ★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM **FILM Love, Bubbles & Crystal Cove** Drama. (2021, PG, 85min) ★★
10.15 **FILM Strawberry Summer** Romance. (2012, U, 90min) ★★
12.05 PM **FILM Summer of Dreams** Comedy drama. (2016, PG, 90min) ★★
2.00 **FILM Flowers and Honey** (2021, PG) ★★
3.55 **FILM Love at the Ranch** Drama. (2020, PG) ★★
6.05 **FILM The 27-Hour Day** Drama. (2021, PG) ★★
8.00 **FILM Pearl in Paradise** Romantic comedy. (2018, PG, 90min) ★★
10.00 **FILM The Perfect Catch** Romantic drama. (2017, PG, 90min) ★★
11.55 **FILM When Love Came to Town** Comedy. (2014, PG, 90min) ★★
1.55 AM **Highway to Heaven**
2.55 **to 5.00** AM **FILM Love & Where to Find It** Comedy. (2021, PG) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
9.00 **Space 1999** 7/24. (S1)
10.00 **I Dream of Jeannie** (S1)
10.30 **Watching** 8/9. (S4)
11.00 **A Fine Romance** (S2)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **Fantastic Journey**
1.00 PM **Department S** (S2)
2.00 **Shine on Harvey Moon**
3.00 **Arthur C Clarke**
4.00 **Stereo Underground**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 8/9. (S4)
6.00 **I Dream of Jeannie** (S1)
6.30 **Married... with Children**
7.00 **Blue Thunder**
8.00 **The Fantastic Journey**
9.00 **Department S** (S2)
10.00 **Married... with Children**
10.30 **Drop the Dead Donkey**
11.00 **Whose Line Is It Anyway?** Comedy show.
11.30 **Hammer House of Horror** 3/13. (S1)
12.30 AM **Shine on Harvey Moon** 1&2/6. (S1)
1.30 **Arthur C Clarke**
2.30 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Gem Hunters Down Under** Double bill.
5.00 **Kindig Customs**
7.00 **Deadliest Catch** A *Kodiak* crewman suffers a serious injury. **8.00** A fight breaks out on the *Seabrooke*.
9.00 **Naked and Afraid XL** After self-banishing, Kate is struck by Africa's elements.
10.00 **Naked and Afraid: Alone** Survivalist Ryan Holt is in South Africa.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **James Martin's United Cakes of America** Double bill.
7.00 **The Pioneer Woman**
9.00 **The Hairy Bikers' Comfort Food**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin Digs Deep**
3.00 **The Pioneer Woman**
5.00 **The Hairy Bikers' Comfort Food**
7.00 **Great British Bake Off**
9.00 **James Martin's Islands to Highlands**
10.00 **Adam Richman Eats Football** New edition Exploring Tottenham's football food culture.
10.30 **Adam Richman Eats Britain** In Lancashire.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 5/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 21/22. (S2)
11.00 **FILM Gunsmoke: One Man's Justice** Western. (1993, PG, 88min) ★★
1.00 PM **FILM The Appaloosa** Western. (1966, PG, 98min) ★★★
3.00 **FILM Prince Valiant** Arthurian adventure. (1997, PG, 91min) ★★
5.00 **Star Trek** 4/30. (S1)
6.00 **T.J. Hooker** 22/22. (S2)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM The Game** Thriller starring Michael Douglas and Sean Penn. (1997, 15, 128min) ★★★★
11.30 **FILM Age of Kill** Thriller. (2015, 15, 82min) ★★
1.15 AM **FILM Hard Kill** Thriller with Bruce Willis. (2020, 15, 98min) ★★
3.10 **to 5.00** AM **FILM Man Called Noon** Western. (1973, 15, 98min) ★★

Legend Xtra

317 171 69 138

6.00 AM **FILM The People That Time Forgot**
8.00 **FILM Strange Invaders** Sci-fi action comedy. (1983, 12, 89min) ★★
10.00 **Farscape** 2/22. (S1)
11.00 **FILM Warlords of Atlantis** Adventure. (1978, PG, 96min) ★★
1.00 PM **FILM Shark Lake** Thriller. (2015, 15) ★★
3.00 **Farscape** 2/22. (S1)
4.00 **Star Trek** 12/30. (S1)
5.00 **FILM The People That Time Forgot** Fantasy adventure sequel. (1977, U, 96min) ★★
7.00 **Farscape** 4/22. (S1)
8.00 **Star Trek** 13/30. (S1)
9.00 **FILM The Killers** Thriller with Lee Marvin. (1964, 15, 95min) ★★★★
10.55 **FILM Tales from the Lodge** Horror comedy. (2019, 15, 93min) ★★
1.00 **to 3.00** AM **FILM Tales That Witness Madness** Horror. (1973, 18) ★

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters: Pawn Shop Edition**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Corridors**
11.10 **Strange Evidence**
12.10 PM **Strangest Things**
1.05 **Legends of the Pharaohs** Documentary.
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Alien Corridors**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Curse of Oak Island**
10.00 **Secrets in the Ice**
11.00 **Secrets of the Lost Liners** *Empress of Britain*.
12.00 M'T **Deadman's Curse**
1.00 AM **Alien Corridors**
2.00 **Strange Evidence**
3.00 **Hardcore Pawn**
3.25 **The Liquidator**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **Entertainment News**
9.10 **The Hotel Inspector**
11.05 **Ben Fogle: New Lives in the Wild** Double bill.
1.05 PM **The Yorkshire Vet**
3.05 **Murder, She Wrote**
4.05 **Columbo**
6.00 **Ben Fogle: New Lives in the Wild** Double bill.
8.00 **The Yorkshire Vet** A cat with a thorn in its eye causes panic.
9.00 **Yorkshire Great and Small with Dan and Helen** Helen Skelton and Dan Walker explore the North York Moors.
10.00 **Inside the Tower of London** The Beefeaters prepare to say goodbye to their Chief Yeoman Warder, Pete McGowran.
11.00 **Prisoner: Cell Block H** New episodes (S4)
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **The Hotel Inspector**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country** Jules Hudson helps a couple search for a property in Somerset.
9.00 **Unsellable Houses** New edition Lyndsay Lamb and Leslie Davis help to sell a dated tri-level home.
10.00 **Celebrity IOU** Kristin Chenoweth gifts her property managers with a home makeover.
11.00 **Home Town**
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **7 Little Johnstons** **8.00** New edition
9.00 **My Big Fat Fabulous Life** New edition
10.00 **The Culpo Sisters** New edition
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **The Culpo Sisters**
3.00 **Sex Sent Me to the ER**
4.00 **7 Little Johnstons**
5.00 **to 6.00** AM **Extreme Cheapskates**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** (S2)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 13&14/21. (S8)
1.00 PM **Friends** (S8)
8.00 **Friends** 20/24. Rachel's mother plans to move in. **8.30** 21/24. A bad restaurant review upsets Monica. (S8)
9.00 **Impractical Jokers**
10.00 **Mr Bean** The hapless hero bags a bargain. **10.30** The bumbling hero visits the fair.
11.00 **Drunk History**
12.00 M'T **Jimmy Carr in Concert** Stand-up show.
1.00 AM **Mike Judge's Beavis and Butt-Head**
2.00 **Reno 911!** (S1)
3.00 **Whose Line Is It Anyway? USA**
3.25 **The Pep Talk**
3.30 **Rose Matafeo: Horndog**
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 13&14/22. (S5)
11.00 **Friends** (S8&9)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **New Girl** (S2)
5.00 **Becker** 13&14/22. (S5)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **Whose Line Is It Anyway? USA** With Gary Anthony Williams. **9.30** With Jeff Davis.
10.00 **Friends** 6-11/24. (S8)
1.00 AM **The Ren & Stimpy Show** Double bill.
2.00 **The Ricky Gervais Show**
3.00 **Guessable?**
3.45 **The Alasdair Beckett-King Mysteries**
4.30 **Jimmy Carr: Telling Jokes** Stand-up.
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
9.00 **Celebrity Four Weddings** Reality series.
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **The Equalizer**
2.00 PM **The Real A&E**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Coroner** 11/12. (S4)
6.00 **New Amsterdam** (S5)
7.00 **MacGyver** (S1&2)
9.00 **Freddie Down Under** 1/6. Andrew Flintoff and Rob Penn set off on a barbecue adventure.
10.00 **For Life** *Switzerland:* 11/13. Cassius suspects Aaron is a snitch. (S1)
11.00 **The Equalizer** (S3)
1.00 AM **Road Wars**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** With Sara Cox.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **Daria** 13/13. (S4)
6.20 **16 and Pregnant**
7.10 **Teen Mom: Young & Pregnant** Four editions.
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Teen Mom: The Next Chapter** Reality series.
8.00 **Spray Tan Mums: Single and Proud**
9.00 **True Life Crime UK** Linda Adey looks into the case of a missing teenager who vanished days before Christmas.
10.00 **Skin A&E** Dr Toby Nelson treats a patient with an overgrown mole.
11.00 **Ink Master**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Karrueche Tran take to the lake in 'Canoe Rookies'.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** A couple struggle to keep their homestead afloat.
3.00 **Gold Rush** Parker attempts to tap an old honey hole. **4.00** Floodwaters halt Tony's race to get gold.
5.00 **Deadliest Catch** Wild Bill's crew find a hole in the hull.
6.00 **Wheeler Dealers** Mike and Elvis take on a Porsche 911.

9.00 Custom Carolina

7.00 Salvage Hunters Drew Pritchard visits a manor house in Oxfordshire, where the classic exterior hides a wonderful interior.

8.00 Kindig Customs With the Camaro's design firmed up, the build soon hits a roadblock as Dave questions the colour.

9.00 Custom Carolina New edition The crew pay homage to a Safari Rally winner with a new take on an era-specific ride.

10.00 Texas Metal New edition A 1964 Rolls-Royce rolls into the shop, and the team prepare to ship out the 1953 tanker truck.

11.00 **Gold Divers** Shawn hunts for a new spot as the fleet attempt to pick up the pieces after the devastating storm.
12.00 M'T **Street Outlaws**
1.00 AM **Custom Carolina**
2.00 **Texas Metal** As 10.00pm.
3.00 **Iron Resurrection**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Insane Pools: Off the Deep End** A palatial pool.
9.00 **Amanda to the Rescue**
10.00 **Saved by the Barn**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Insane Pools: Off the Deep End** A dream pool.
1.00 PM **Amanda to the Rescue**
2.00 **Insane Pools: Off the Deep End** A giant double-pool.
3.00 **Legends of the Wild**
4.00 **Dr Jeff: Rocky Mountain Vet**
6.00 **Insane Pools: Off the Deep End** A small backyard is turned into a luxurious space.

6.00 Insane Pools: Off the...

7.00 Crikey! It's the Irwins After weeks of closure due to the pandemic, the Irwins prepare for the reopening of the zoo.

8.00 Expedition Bigfoot Mireya's nightmare comes true, and Russell investigates a possible Bigfoot passageway.

9.00 Expedition Bigfoot The team believe they have finally found where Bigfoot has been hiding during their expedition.

10.00 Alaska: The Last Frontier Eivin takes Levi on a hunt, while Otto and the crew work to repair the *Constructor* boat.

11.00 **Crikey! It's the Irwins** Chandler handle a koala crisis. **12.00** M'T Bindi welcomes the arrival of tiny poison dart frogs to their new home at the zoo.
1.00 AM **Alaska: The Last Frontier**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Hitler's Last Stand**
12.00 NOON **Car S.O.S**
1.00 PM **Plane Crash Recreated**
2.00 **Air Crash Investigation**
3.00 **D-Day Revealed: Drain the Oceans** Ships sunk on D-Day.
4.00 **Disaster Autopsy**
5.00 **Car S.O.S** An Austin Healey is fixed up in Co Durham.
6.00 **Air Crash Investigation** An investigation into South Korea's worst ever air disaster.

8.00 UFOs: Investigating...

7.00 Air Crash Investigation As investigators look for survivors of a helicopter crash, they find a flaw in the aircraft's design.

8.00 NEW SERIES UFOs: Investigating the Unknown A UFO whistleblower provides explosive testimony.

9.00 To Catch a Smuggler New edition HSI run an undercover buy-bust operation, and agriculture specialists stop pests.

10.00 Ice Road Rescue: Highway Havoc New edition Highlights from the series following salvage truck drivers.

11.00 **Air Crash Investigation**
12.00 M'T **Situation Critical**
1.00 AM **Paranatural**
2.00 **Money Meltdown**
2.30 **Bid & Destroy**
3.20 **Food Factory**
4.10 **Trials of the Wild**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Container Wars**
7.45 **Dirty Old Cars**
8.45 **Forged in Fire**
9.35 **Storage Wars**
12.00 NOON **World's Greatest Treasure Mysteries**
1.00 PM **Dirty Old Cars**
2.00 **WWII Battles in Colour**
4.00 **Pawn Stars** Four editions of the series, including at: **5.30** A signed 1963 guitar from The Beatles is brought in.
6.00 **American Pickers** A deal on a one-of-a-kind bi-plane.

9.00 Auschwitz: Countdown...

7.00 Forged in Fire Three bladesmiths head to historic Mystic Seaport for a nautical-themed competition.

8.00 The Great British Dig: History in Your Back Garden A team of expert archaeologists excavate gardens around Britain.

9.00 NEW Auschwitz: Countdown to Liberation A look at events leading to the liberation of the concentration camp in Poland in 1945. Six million people, mostly Jewish, were murdered by the Nazis, including more than one million at Auschwitz.

11.00 **Hitler's Coup 1923** The infamous Beer Hall Putsch, an attempt by Adolf Hitler to take power in Germany by force.
12.00 M'T **Pawn Stars** Four editions.
1.55 AM **The Lost Women Spies**
3.05 **The Great British Dig: History in Your Back Garden**
4.05 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **The Buildings That Fought Hitler** Documentary.
11.00 **World War Weird**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **The Buildings That Fought Hitler** A focus on Chatham Docks on the Medway.
5.00 **World War Weird** Churchill's plan to create a giant ice ship.
6.00 **Antiques Roadshow**

9.30 Villages by the Sea

7.00 Great American Railroad Journeys Michael Portillo travels through Milwaukee on a journey towards Chicago.

8.00 Turkey with Simon Reeve The presenter explores the country that lies at the crossroads between Europe and Asia.

9.00 Villages by the Sea Ben Robinson visits the coastal village of Flamborough. **9.30** Ben visits the village of Cley next the Sea.

10.00 Bangers & Cash Dave travels to Bedale for a 1984 Opel Manta GTE that hasn't seen the light of day in 30 years.

11.00 **Abandoned Engineering** An impressive compound repurposed by a brutal regime.
12.00 M'T **Great American Railroad Journeys** Michael Portillo joins the Jayhawks basketball team in Lawrence, Kansas.
1.00 **to 3.00** AM **Secrets of the London Underground**

+1 hour 255 329

Monday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Salvage Hunters**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 NEW SERIES **Outback Truckers** Robbie transports a huge house amidst a tropical storm.
9.00 **Opal Hunters: Red Dirt Road Trip** New edition In Shark Bay, the boys do a deal with a pearl farmer.
10.00 **Mystery at Blind Frog Ranch** The team uncover an ancient vent shaft above the Energy Zone.
11.00 **Wheeler Dealers**
1.00 AM **Chasing Classic Cars** Four editions.
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Triple bill.
11.00 **Say Yes to the Dress: UK** Double bill.
12.00 NOON **Murder Comes to Town** Documentary.
1.00 PM **Evil Lives Here**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** Julie Archer.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Faking It: Tears of a Crime** A look into the cases of Shafilea Ahmed and Gordon Wardell.
8.00 **Murder on CCTV**
10.00 **On the Case with Paula Zahn** New editions
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** An NHS manager cooks up a scam with his mates to line their pockets with two hundred and fifty thousand pounds.
8.00 **Inside Crime** Two stories of greed and lust which motivated the murders of two innocent women.
9.00 **Forensic Factor** New edition A detailed look at the investigation into a high-profile crime.
10.00 **Murder UK** New edition Suzanne Van Hagen meets a violent man online. One year later, she is found dead.
11.00 **Evidence of Evil**
12.00 M'T **It Takes a Killer**
1.00 AM **Forensic Factor**
2.00 **Murder UK** As 10.00pm.
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Bloodline Detectives** Double bill.
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives** DNA science names the Phoenix Canal Killer. **3.00** Forensic science reveals the identity of a killer from the 1980s.
4.00 **Medical Detectives** A mass food poisoning in Oregon in 1984. **4.30** A case in which a woman was shot dead. **5.00** The disappearance of the American Atheists' founder. **5.30** Focusing on a case involving a truck and an unconscious man. **6.00** The body of a woman is found in a box. **6.30** A girl's abduction from her own home.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Motorbike Cops**
7.00 **Road Wars**
8.00 **Stop, Search, Seize**
9.00 **Nothing to Declare**
10.00 **The Force: Manchester**
11.00 **Forensics: Catching...**
12.00 NOON **Killer Siblings**
1.00 PM **Killer in My Village**
2.00 **An Unexpected Killer**
3.00 **Most Evil Killers**
5.00 **Forensics: Catching the Killer** True-crime.
6.00 **Killer Siblings**
7.00 **Most Evil Killers**
9.00 **Made for Murder**
10.00 **The Killer Within**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil...**
1.00 AM **Murders That Shocked the Nation**
2.00 **World's Most Evil Killers** New edition
3.00 **Britcam: Emergency on Our Streets**
4.00 **Brit Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Rise of the Clans**
9.30 **75 Years of Nato: New Challenges and Chances**
10.40 **Forts of Verdun**
11.50 **The Hidden Side of World War II**
1.00 PM **Rise of the Clans**
2.30 **75 Years of Nato: New Challenges and Chances**
3.40 **Forts of Verdun**
4.50 **The Hidden Side of World War II**
6.05 **Rise of the Clans**
7.20 **75 Years of Nato: New Challenges and Chances** A deep dive into the military alliance.
8.30 **Forts of Verdun** A journey inside the walls of the coveted 38 forts that were at stake in the Battle of Verdun.
9.40 **The Hidden Side of World War II**
10.50 **75 Years of Nato: New Challenges and Chances**
12.00 M'T **Forts of Verdun**
1.15 **to 2.00** AM **America the Bountiful**

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Mission to Burnley**
7.00 **Discovering: Susan Sarandon**
8.00 **The Directors**
9.00 **The Seventies**
10.00 **Kingdom of Dreams**
10.55 **Burden of Proof: Who Killed...**
12.00 NOON FILM **Searching for Sugar Man** Documentary. (2012, 12, 86min) ★★★★
1.45 PM **My Icon: Darren Campbell**
2.00 **A Choice of Weapons**
3.45 **My Icon: Martin Offiah**
4.00 **The Directors**
5.00 **Discovering: Susan Sarandon**
6.00 **The Seventies**
7.00 **Kingdom of Dreams**
7.55 **Burden of Proof: Who Killed Jennifer Pandos?**
9.00 **King in the Wilderness**
11.10 **JFK Revisited: Through the Looking Glass** Documentary.
1.30 AM FILM **Undefeated** Oscar-winning documentary. (2011, 12, 113min) ★★★★★
3.40 **Pretending I'm a Superman: The Tony Hawk Video Game Story** Documentary.
5.00 **to 6.00** AM **Discovering: Susan Sarandon**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
7.00 **Monkey Life**
8.00 **Great Blue Wild**
9.00 **Living Beach**
10.00 **Island of the Monsoon**
11.00 **Orangutan Jungle School**
12.00 NOON **Surviving the Amazon**
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Living Beach**
4.00 **Island of the Monsoon**
5.00 **Gangs of Baboon Falls**
6.00 **Surviving the Amazon**
7.00 **Monkey Life** Double bill.
8.00 **A Cheetah's Pride** The mothers collaborate to keep the cubs fed.
9.00 **Wildlife ER** Following the work of staff at the RSPCA Hospital in Brisbane, Australia.
10.00 **Surviving the Amazon**
11.00 **Gangs of Baboon Falls**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Reef Wrecks**
2.00 **A Cheetah's Pride**
3.00 **Wildlife ER**
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Living Beach**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Trains**
9.00 **The Abyss: Rise & Fall of...**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Britain's Most Historic Towns** Victorian Belfast.
2.00 **Secrets of Great British Castles**
3.00 **The Abyss: Rise & Fall of the Nazis** The invasion of Poland by the German army in 1939.
4.00 **Combat Ships**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Craig Charles: UFO Conspiracies** A perplexing UFO encounter in south Wales.
8.00 **Instruments of Death**
9.00 **The Nostradamus Effect**
10.00 **I Saw It: Bigfoot and Beyond**
11.00 **Royal Murder Mysteries**
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Most Historic Towns** Georgian Bristol.
3.00 **Secrets of Great British Castles**
4.00 **Weird or What? With William Shatner** Blood-curdling curses.
5.00 **to 6.00** AM **Craig Charles: UFO Conspiracies**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Murdertown**
10.00 **Murder By Medic**
11.00 **Imperfect Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **Real Murders of Atlanta**
2.00 **City Confidential**
3.00 **Killer Britain**
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **Homicide: Hours to Kill**
7.00 **The First 48**
8.00 NEW SERIES **Accident, Suicide or Murder?** A late-night party in the home of a basketball player turns deadly.
9.00 **The Eunuch Maker**
10.00 **Very Scary People** New edition
11.00 **Homicide Hunter**
12.00 M'T **Buried in the Backyard**
1.00 AM **The Eunuch Maker**
2.00 **Very Scary People**
3.00 **City Confidential**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Shark Men**
10.00 **Japan's Wild Year**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Alaska & The Wilds Beyond**
3.00 **Amazonia's Giant Jaws**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: North Carolina** The zoo welcomes a timid, new giraffe to the herd.
8.00 **Soul of the Ocean** A look inside ocean ecosystems.
9.00 **Australia's Land of the Ancients** Exploring the ancient landscape of northeastern Australia.
10.00 **Predator Bloodlines**
11.00 **Ice Road Rescue**
12.00 M'T **Last of the Giants: Wild Fish** Documentary.
1.00 AM **World's Deadliest Animals**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **America's Most Secret: Structures** As 8.00pm.
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Alien Highway**
8.00 **America's Most Secret: Structures** Behind the scenes of America's most classified sites and their activities.
9.00 **Combat Dealers: Reloaded**
10.00 **Shed and Buried**
11.00 **World's Greatest Motorcycle Rides** The most famous road race in the world – the Isle of Man TT, which follows a course only 37 miles long.
12.00 M'T **Cooper's Treasure**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
5.00 **The Bill** Double bill.
7.00 **Pointless** Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Cutting It** 2/6. The academy is plunged into chaos by disruptive students only weeks into the new term. Allie realises she may have to take a step back from the business, and begins relying more and more on Melissa to keep things in order – remaining oblivious to her past affair with Gavin. (S4)
10.20 **The Bill** *Home Beat:* 4/12. Brownlow tries to start a Neighbourhood Watch program within Sun Hill. **11.20** *Hostage:* 5/12. Roach and Cryer take charge of a siege operation. (S2)
12.20 AM **Pointless** Double bill of the general knowledge quiz show.
2.15 **Cutting It** As 9.00pm.
3.20 **to 6.00** AM **999 Rescue Squad**

+1 hour 266 376

ID

154 166

8.00 AM **True Conviction**
9.00 **Betrayed** Double bill.
11.00 **Til Death Do Us Part**
1.00 PM **Murder Decoded**
3.00 **Welcome to Killer Town**
5.00 **Twisted Sisters** Double bill.
7.00 **Murder in the Heartland** A tip comes in from an unexpected Missouri resident that leads to the final resting ground of missing newlyweds Russell and Rebecca Porter. **8.00** A casino worker is found dead in the woods in the small town of Laurel, Montana.
9.00 **No One Can Hear You Scream** A massacre in Gitchie Manitou State Preserve leaves four teenagers dead. But a witness comes forward with an incredible tale of murder and survival.
10.00 **What Lies Beneath**
11.00 **People Magazine Investigates: Cults**
12.00 M'T **Grave Secrets**
2.00 AM **Twisted Sisters**
4.00 **to 6.00** AM **Murder in the Heartland**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Kindig Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's Workshop** Richard helps his friend fulfil a childhood dream.
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Workshop**
8.00 **Roadworthy Rescues** Derek saves a 1966 Pontiac Tempest.
9.00 **Kindig Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

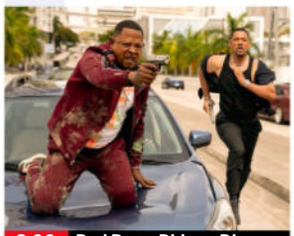
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.55 AM **Christmas Eve in Miller's Point** As shown at 5.05am.
8.50 **Parachute** As 1.25am.
10.45 **Kill** As shown at 6.15pm.
12.25 PM **Bad Boys: Ride or Die**
2.25 **Kung Fu Panda 4** Animated comedy adventure sequel. (2023, PG, 94min) ★★★
4.05 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
6.15 **Kill** Thriller starring Daniel Portman and Brian Vernel. (2023, 15, 90min) ★★★



8.00 Bad Boys: Ride or Die

8.00 Bad Boys: Ride or Die Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 A Quiet Place: Day One Horror prequel starring Lupita Nyong'o. A cancer patient attempts to survive Earth's first contact with sightless creatures which hunt by sound. (2024, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Get Away** Horror comedy. (2024, 15, 86min) ★★★★
1.25 AM **Parachute** Comedy drama. (2023, 15, 108min) ★★★★
3.15 **Problemista** Offbeat comedy. (2024, 15, 104min) ★★★
5.05 **to 7.00** AM **Christmas Eve in Miller's Point** Comedy drama. (2024, 12, 106min) ★★★★

Sky Cinema Hits

303 403 503 517

6.15 AM **Madame Web** As 12.35am.
8.25 **The Flash** As 2.40am.
10.50 **Mission: Impossible** Thriller. (1996, PG, 110min) ★★★
12.55 PM **Mission: Impossible II** Thriller starring Tom Cruise. (2000, 15, 124min) ★★★
3.05 **Mission: Impossible III** Thriller. (2005, 12, 126min) ★★★★
5.15 **Mission: Impossible – Dead Reckoning Part One** Action thriller starring Tom Cruise. (2023, 12, 163min) ★★★★

10.50 Anon

8.00 Dune: Part Two Denis Villeneuve's sci-fi drama sequel starring Timothée Chalamet. On the desert planet Arrakis, freedom fighters Paul and Chani galvanise the Fremen to strike down murderous conspirators against the Atreides dynasty. With Zendaya, Austin Butler, Rebecca Ferguson and Javier Bardem. (2024, 12, 166min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 Anon Sci-fi thriller starring Clive Owen. In a world without anonymity or crime, a detective meets a woman who threatens their security. (2018, 15, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Madame Web** Fantasy. (2024, 12, 116min) ★★★
2.40 **The Flash** Adventure. (2023, 12, 144min) ★★★
5.15 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 410 510 524

6.45 AM **Golda** Biopic starring Helen Mirren. (2023, 12, 100min) ★★
8.35 **Gran Torino** Drama directed by and starring Clint Eastwood. (2008, 15, 116min) ★★★★
10.35 **Bonus Track** Music comedy. (2023, 12, 98min) ★★★
12.30 PM **The Bridges at Toko-Ri** War drama. (1954, U, 99min) ★★★
2.30 **The King's Speech** Drama. (2010, 12, 118min) ★★★★★
4.40 **Schindler's List** Steven Spielberg's epic historical drama starring Liam Neeson. (1993, 15, 195min) ★★★★★
8.00 **Allelujah** Comedy drama starring Jennifer Saunders. (2022, 12, 99min) ★★★
9.45 **What If** Romantic drama starring Daniel Radcliffe and Zoe Kazan. A happily single man and a woman in a relationship become friends, but begin to wonder if they belong together. (2013, 15, 98min) ★★★★
11.30 **Monsoon** Hong Khaou's drama. (2019, 12, 85min) ★★★★
1.00 AM **The Shamrock Spitfire** Biopic. (2024, 12, 108min) ★★★
2.55 **A Thousand and One** Crime drama. (2023, 15, 117min) ★★★★
4.55 **to 7.10** AM **The Survivor** Drama. (2021, 15, 129min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

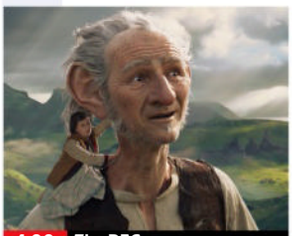
7.30 AM **Ex Machina** As 3.35am.
9.25 **Ready Player One** Adventure. (2018, 12, 140min) ★★★★
11.55 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
1.50 PM **The Core** Sci-fi action thriller. (2002, 12, 135min) ★★★
4.10 **Edge of Tomorrow** Adventure. (2014, 12, 113min) ★★★★
6.10 **Rampage** Fantasy adventure. (2018, 12, 107min) ★★★
8.00 **World War Z** Apocalyptic action thriller starring Brad Pitt. A UN investigator tries to stop the fast-spreading zombie virus that is overwhelming the world. With Daniella Kertesz and Mireille Enos. (2013, 15, 116min) ★★★★
10.10 **Insidious: The Red Door** Horror sequel starring Patrick Wilson. Demons from the past resurface with a vengeance and threaten to destroy Dalton Lambert and everyone around him. (2023, 15, 107min) ★★
12.05 AM **Monolith** Mystery thriller. (2022, 15, 90min) ★★★
1.55 **Silent Running** Sci-fi drama. (1972, U, 90min) ★★★★
3.35 **Ex Machina** Sci-fi drama. (2014, 15, 104min) ★★★★
5.35 **to 7.25** AM **Little Bone Lodge** Horror. (2023, 15, 93min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

6.50 AM **Batteries Not Included**
8.45 **Little Vampire** As 2.30am.
10.15 **Scooby-Doo 2: Monsters Unleashed** Comedy sequel. (2004, PG, 93min) ★★★
12.00 NOON **IF** Fantasy adventure. (2024, U, 104min) ★★★
1.55 PM **Wonka** Fantasy adventure. (2023, PG, 116min) ★★★★
4.00 **The BFG** Fantasy adventure. (2016, PG, 117min) ★★★★
6.10 **Johnny English** Comedy. (2002, PG, 88min) ★★★


4.00 The BFG

7.50 **Dungeons & Dragons: Honour Among Thieves** Action adventure starring Chris Pine. A charming thief and a band of unlikely adventurers embark on an epic quest to retrieve a lost relic, but things go awry. With Michelle Rodriguez. (2023, 12, 134min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Ride On** Chinese action drama with Jackie Chan. A washed-up stuntman becomes an overnight sensation when his fight with debt collectors goes viral. Subtitled. (2023, PG, 126min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Batteries Not Included** Fantasy. (1987, PG) ★★★★
2.30 **Little Vampire** Animation. (2020, PG, 85min) ★★★
4.00 **Robo-Dog: Airborne** Family adventure. (2017, U) ★★★
5.45 **to 7.20** AM **Hot Dog Derby** Comedy. (2013, U, 82min) ★★

Sky Cinema Stunts

307 407 507 521

7.15 AM **The Cinema List: Fast Cars**
7.30 **Ruthless** As 2.40am.
9.15 **S.W.A.T.** As 12.35am.
11.25 **RED 2** As shown at 4.20am.
1.25 PM **Crouching Tiger, Hidden Dragon** As shown at 10.25pm.
3.35 **The Legend of Zorro** Swashbuckling adventure sequel with Antonio Banderas. (2005, PG, 130min) ★★★
5.50 **Madame Web** Fantasy starring Dakota Johnson. (2024, 12, 116min) ★★★

5.50 Madame Web

8.00 **Superman** Sci-fi adventure starring Christopher Reeve as the Man of Steel. With Margot Kidder, Marlon Brando and Gene Hackman. (1978, PG, 143min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Crouching Tiger, Hidden Dragon** Director Ang Lee's romantic period adventure starring Chow Yun-Fat and Michelle Yeoh. Subtitled. (2000, 12, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **S.W.A.T.** Action thriller starring Samuel L Jackson. (2003, 12, 115min) ★★★
2.40 **Ruthless** Action thriller. (2023, 15, 92min) ★★★
4.20 **to 6.25** AM **RED 2** Action comedy sequel starring Bruce Willis. (2013, 12, 111min) ★★★

Sky Cinema Comedy

308 408 508 522

7.55 AM **Nacho Libre** As 4.45pm.
9.40 **National Lampoon's Animal House** As shown at 11.55pm.
11.45 **Anger Management** As 10pm.
1.35 PM **Bean** Comedy spin-off. (1997, PG, 90min) ★★★
3.10 **Mr Bean's Holiday** Comedy. (2007, PG, 89min) ★★★
4.45 **Nacho Libre** Comedy. (2006, 12, 92min) ★★★★
6.20 **The Nutty Professor** Comedy remake starring Eddie Murphy. (1996, 12, 95min) ★★★

6.20 The Nutty Professor

8.00 **Nutty Professor II: The Klumps** Comedy sequel starring Eddie Murphy and Janet Jackson. Overweight college professor Sherman Klump decides to rid himself of his troublesome alter ego, Buddy Love, by altering his DNA. (2000, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Anger Management** Comedy starring Adam Sandler, Jack Nicholson and Marisa Tomei. (2003, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **National Lampoon's Animal House** Campus comedy. (1978, 15, 109min) ★★★★★
1.50 AM **The American Society of Magical Negroes** Fantasy. (2024, 12, 104min) ★★★★
3.45 **Seriously Red** Romantic comedy starring Krew Boylan. (2022, 15, 104min) ★★★
5.30 **to 7.10** AM **Arthur's Whisky** Comedy with Diane Keaton. (2023, PG, 91min) ★★★

Sky Cinema Crime

309 409 509 523

7.10 AM **Jackie Chan's Police Story** Comedy thriller. (1985, 15, 98min) ★★★★
8.55 **Child 44** As 2.30am.
11.20 **Sinister** As 12.30am.
1.25 PM **The Equalizer 3** Thriller. (2023, 15, 109min) ★★★
3.30 **The Way of the Dragon** Martial arts action adventure. (1972, 18, 99min) ★★★
5.25 **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★

10.00 Sleepers

8.00 **Escape from Alcatraz** Fact-based prison drama starring Clint Eastwood as a convict determined to break out of Alcatraz, America's supposedly impregnable island penitentiary. With Patrick McGoohan. (1979, 15, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Sleepers** Fact-based drama starring Kevin Bacon, Robert De Niro, Dustin Hoffman, Jason Patric and Brad Pitt. Years after being abused by guards at a reform school, four former teenage friends take their revenge. (1996, 18, 146min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Sinister** Horror thriller. (2012, 15, 105min) ★★★
2.30 **Child 44** Detective thriller. (2015, 15, 134min) ★★★
4.55 **to 6.40** AM **Simulant** Sci-fi thriller. (2023, 15, 95min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **A Kid for Two Farthings** Comedy with Celia Johnson. (1954, U, 96min) ★★★★
12.55 PM **Dead of Night** Cult chiller. (1945, b/w, PG, 95min) ★★★★
3.05 **The Blue Lamp** Drama. (1949, b/w, PG, 81min) ★★★★
4.50 **The Black Swan** Adventure. (1942, PG, 85min) ★★★
6.35 **Charlie's Angels** Comedy thriller reboot starring Kristen Stewart. (2019, 12, 118min) ★★

9.00 The Revenant

Charlie's Angels (film started at 6.35pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **The Revenant** Epic Western starring Leonardo DiCaprio. A frontiersman left for dead by his hunting party goes on a gruelling journey through the wilderness seeking revenge. With Tom Hardy, Will Poulter and Domhnall Gleeson. (2015, 15, 150min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11 PM

12.05 **to 3.15** AM **Amores Perros** Director Alejandro González Iñárritu's Mexican urban drama starring Emilio Echevarría, Gael García Bernal and Goya Toledo. A car crash in Mexico City brings three lives into violent collision. Subtitled. (2000, 18, 153min) ★★★★★

+1 hour 314 430 47 301

Sky Cinema Feel Good

302 402 502 516

7.25 AM **Charming the Hearts of Men** Historical romantic drama. (2021, 12, 107min) ★★★
9.20 **Sasquatch Sunset** As 3.30am.
10.55 **Paint** As shown at 1.45am.
12.35 PM **Save the Cinema** (2021)
2.25 **Uproar** As shown at 11.45pm.
4.20 **Batteries Not Included** Fantasy. (1987, PG, 105min) ★★★★
6.10 **The Wizard of Oz** Fantasy. (1939, U, 98min) ★★★★★

8.00 **Singin' in the Rain** Classic musical about the transition from silents to talkies in 1920s Hollywood. Stars Gene Kelly, Donald O'Connor, Debbie Reynolds and Jean Hagen. (1952, U, 102min) ★★★★★
9.45 **Save the Cinema** Drama telling the true story of Liz Evans from Carmarthen, south-west Wales, who started a campaign in the 1990s to save the town's Lyric Cinema. Stars Samantha Morton. (2021, 12, 109min) ★★★

11.45 **Uproar** Comedy drama. (2023, 12, 110min) ★★★
1.45 AM **Paint** Comedy drama. (2023, 12, 96min) ★★★
3.30 **Sasquatch Sunset** Comedy. (2024, 15, 88min) ★★★★
5.10 **to 7.00** AM **The Last Rifleman** Drama. (2022, 15, 115min) ★★★

Sky Cinema Greats

304 404 504 518

6.00 AM **Gremlins** As 11.45pm.
8.00 **Gremlins 2: The New Batch**
10.00 **Star Trek IV: The Voyage Home** As shown at 6.00pm.
12.10 PM **Star Trek V: The Final Frontier** As shown at 8.00pm.
2.10 **Star Trek VI: The Undiscovered Country** As shown at 9.50pm.
4.20 **The War of the Worlds** Sci-fi thriller starring Gene Barry. (1953, PG, 85min) ★★★★

6.00 **Star Trek IV: The Voyage Home** Sci-fi adventure sequel starring William Shatner. (1986, PG, 119min) ★★★★
8.00 **Star Trek V: The Final Frontier** Sci-fi adventure sequel. (1989, PG, 100min) ★★
9.50 **Star Trek VI: The Undiscovered Country** Sci-fi adventure sequel starring William Shatner. (1991, PG, 109min) ★★★★
11.45 **Gremlins** Comedy horror fantasy from director Joe Dante. (1984, 12, 106min) ★★★★

1.40 AM **Gremlins 2: The New Batch** Horror comedy sequel. (1990, 12, 107min) ★★★
3.35 **Tommy** Ken Russell's screen version of The Who's rock opera. (1975, 15, 111min) ★★★
5.35 **to 6.00** AM **The Cinema List: British Sky Originals**

Sky Cinema Animation

305 412 500 514

6.15 AM **Batman Unlimited: Monster Mayhem** Animation. (2015, PG, 76min) ★★★
7.40 **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★
9.20 **The Nut Job** As 9.10pm.
10.55 **Two by Two** Animated adventure. (2015, U, 85min) ★★
12.30 PM **The Prince of Egypt** Animated biblical drama. (1998, U, 99min) ★★★★

2.20 **Home** Animated adventure. (2014, U, 94min) ★★★
4.00 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
5.40 **The Angry Birds Movie** Animation with the voice of Jason Sudeikis. (2016, U, 97min) ★★★
7.25 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
9.10 **The Nut Job** Animated comedy featuring the voice of Will Arnett. (2014, U, 85min) ★★★

10.45 **Extinct** Animated adventure featuring the voices of Adam Devine, Rachel Bloom and Ken Jeong. (2021, U, 84min) ★★★
12.20 AM **Home** As shown at 2.20pm.
2.05 **Madagascar: Escape 2 Africa**
3.45 **The Angry Birds Movie** (2016)
5.30 **to 7.05** AM **Two by Two** (2015)

Movies 24

312 419

7.00 AM **A Royal Runaway Romance** Romantic comedy. (2022, PG, 84min) ★★
9.00 **Junebug** Fantasy drama. (2024, PG, 84min) ★★
11.00 **Love's Fast Lane** Romantic drama. (2023, PG, 90min) ★★
1.00 PM **A Snapshot of Forever** Comedy. (2022, PG, 86min) ★★
3.00 **Modeled with Love** Romantic drama. (2023, PG, 90min) ★★

5.00 **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
7.00 **An Easter Bloom** Drama starring Aimee Teegarden. (2024, PG, 84min) ★★
9.00 **A Honeymoon to Remember** Romantic drama starring Rebecca Dalton. A woman goes on honeymoon alone after being left at the altar, and tries to work out what she wants out of life. (2021, PG, 85min) ★★
11.00 **What We Do For Love** Comedy. (2023, PG, 89min) ★★

1.00 AM **Aurora Teagarden Mysteries: Til Death Do Us Part** Drama. (2021, PG, 85min) ★★
3.00 **to 5.00** AM **A Paris Proposal** Romantic comedy drama. (2023, PG, 84min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **The High Terrace** Drama. (1956, b/w, 15, 69min) ★★
7.20 **Cannon for Cordoba** Western. (1970, 12, 104min) ★★
9.25 **Orders Are Orders** Comedy. (1954, b/w, U, 78min) ★★★
11.00 **What's On TPTV with Noel**
11.10 **Confession** Crime thriller. (1955, b/w, PG, 90min) ★★
1.00 PM **The Bulldog Breed** Comedy. (1960, b/w, PG, 97min) ★★

3.00 **The Saint** 9/9. (S4)
4.05 **A Good Read with Mike Read**
4.40 **Scotland Yard** 20/39. (S1)
5.15 **Look at Life**
5.30 **Dixon of Dock Green** 1/17. (S17)
6.30 **Out of Town**
7.00 **The Footage Detectives**
8.00 **Public Eye** 4/13. (S5)
9.05 **Nor the Moon by Night** Drama starring Belinda Lee, Michael Craig and Patrick McGoohan. (1958, U, 95min) ★★
11.05 **Murphy's Law** Violent thriller. (1986, 18, 96min) ★★★

1.10 AM **Bait** Film noir crime drama. (1954, b/w, PG, 79min) ★★★
2.50 **The Naked Kiss** Melodrama. (1964, 18, 93min) ★★★
4.40 **Number 13** Dramatisation of an MR James short story.
5.30 **to 6.00** AM **Dangerous Assignment**

Monday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **My Icon** Heather Watson.
6.15 **LIVE ICC U19 Women's World T20 England v Pakistan.** The Group B match from Johor Cricket Academy Oval.
9.30 **Good Morning Transfers**
10.00 **The Football Show**
11.00 **Ref Watch** Refereeing decisions.
12.00 NOON **The Football Show**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
3.00 **LIVE SA20 Paarl Royals v Joburg Super Kings.** Coverage of the game at Boland Park, Paarl.
6.30 **LIVE MNF Chelsea v Wolverhampton Wanderers.** The Premier League match at Stamford Bridge. A hat-trick by Noni Madueke helped Chelsea to a 6-2 away win when the teams met in August. Kick-off **8.00pm**.
11.00 **Sky Sports News**
12.00 M'T **LIVE NCAA College Football** The College Football play-off final at Mercedes-Benz Stadium in Atlanta, Georgia.
4.00 AM **LIVE ICC U19 Women's World T20 West Indies v Sri Lanka.** Coverage of the Group A match staged at Bayuemas Oval.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
8.00 **SNF** Highlights of recent matches.
9.00 **Premier League Highlights**
10.00 **The Football Show**
11.00 **Ref Watch** Refereeing decisions.
12.00 NOON **The Football Show**
1.00 PM **Premier League Highlights**
2.30 **SNF** Arsenal v Aston Villa.
3.00 **Premier League Highlights**
4.00 **SNF** Highlights of recent matches.
5.00 **The Transfer Show**
5.30 **Premier League Icons**
6.00 **Ref Watch** Refereeing decisions.
6.30 **LIVE MNF Chelsea v Wolverhampton Wanderers.** Coverage of the Premier League match at Stamford Bridge. The Blues' title challenge has faltered in recent weeks, while Wolves have shown improvements under Vitor Pereira. Kick-off **8.00pm**.
11.00 **Gary Neville's Soccerbox**
12.00 M'T **MNF Hlts**
12.30 AM **Premier League Icons**
1.00 **PL Retro** Sheffield United v Wigan Athletic from 2007.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 2023/24**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **Championship Retro**
8.30 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2015 final.
11.00 **EFL** Leeds United v Watford.
12.00 NOON **EFL Highlights**
12.30 PM **WSL** Recent highlights.
1.30 **EFL Highlights** Championship.
4.00 **WSL** Recent highlights.
5.00 **EFL Highlights** Championship.
6.30 **Bundesliga Highlights Show**
7.30 **EFL Highlights** Millwall v Hull City in the Championship at The Den. **7.45** Action from Plymouth Argyle v Queens Park Rangers.
8.00 **WSL** Highlights from Manchester City v Manchester United. **8.30** Highlights from Liverpool v Brighton & Hove Albion.
9.00 **EFL Highlights** Highlights from Luton Town v Preston North End. **9.15** Oxford United v Blackburn. **9.30** Portsmouth v Middlesbrough. **9.45** Sheffield Utd v Norwich City. **10.00** West Brom v Stoke City. **10.15** Highlights from Leeds United v Sheffield Wednesday.
10.30 **Bundesliga Highlights Show**
11.30 **EFL Greatest Games**
12.00 M'T **EFL** The 2017/18 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Women's World Cup 2017**
6.15 **LIVE ICC U19 Women's World T20 England v Pakistan.** Coverage of the Group B match from Johor Cricket Academy Oval.
9.30 **Best of the Big Bash League**
9.45 **Jimmy Anderson's Greatest Spells** Archive highlights.
10.00 **Women's ICC World T20**
11.00 **Big Bash League**
1.00 PM **Women's ICC World T20**
2.00 **SA20** Action from a match.
3.00 **LIVE SA20 Paarl Royals v Joburg Super Kings.** Coverage from Boland Park in Paarl. The hosts won this meeting last year with relative ease as they came away with a seven-wicket win.
7.30 **Women's ICC World T20**
8.00 **Big Bash League**
9.00 **SA20** Tournament highlights.
11.00 **Big Bash League**
12.00 M'T **Women's ICC World T20**
1.30 AM **Women's World Cup 2017**
1.45 **Women's ICC World T20**
2.15 **LIVE ICC U19 Women's World T20 West Indies v Sri Lanka.** Coverage of the Group A match staged at Bayuemas Oval.
5.30 **to 6.00** AM **The Best of the Big Bash League**

Sky Sports Golf

405 515 505 423 443

6.00 AM **PGA Tour Golf**
7.00 **DP World Tour Golf**
1.00 PM **PGA Tour Golf**
4.00 **DP World Tour Golf**
4.30 **Ryder Cup Memories**
5.00 **My Ryder Cup**
6.00 **Uncommon: Building a Boston Sports Team** Documentary.
6.30 **DP World Tour Golf** The fourth day of the Dubai Desert Classic.
7.00 **PGA Tour Golf**
8.00 **Ryder Cup Memories**
8.30 **My Ryder Cup** Archive action.
9.00 **PGA Tour Golf** A review of the American Express.
10.00 **Uncommon: Building a Boston Sports Team** Documentary.
10.30 **DP World Tour Golf**
11.00 **PGA Tour Golf**
12.00 M'T **DP World Tour Golf**
12.30 AM **My Ryder Cup**
1.00 **DP World Tour Golf**
2.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **US Open Classic Matches**
8.00 **WTA Tennis** Recent finals.
11.00 **ATP Tennis** Córdoba Open.
12.00 NOON **WTA Tennis** Action from the Abu Dhabi Open final.
1.00 PM **Murray's Moments**
3.00 **US Open Classic Matches**
4.00 **ATP Tennis** Highlights of the Adelaide International final.
5.00 **WTA Tennis** Adelaide International.
6.00 **Tennis** ATP Finals singles final.
7.00 **US Open** Action from 2024.
8.00 **Tennis** The United Cup final.
10.00 **US Open Classic Matches**
11.00 **WTA Tennis** Hobart International.
1.00 AM **WTA Tennis** Highlights.
2.00 **US Open** Action from 2024.
3.00 **US Open Classic Matches**
4.00 **to 6.00** AM **Murray's Moments**

TNT Sports 1

410 870 527 408 430

7.00 AM **The Edge** Australia v England.
7.30 **TNT Sports Cricket Reload**
7.45 **LIVE Women's Ashes Australia v England.** Coverage of the first T20 in the multi-format series at Sydney Cricket Ground.
12.45 PM **TNT Sports Cricket Reload**
1.00 **The Football's On**
2.00 **Serie A** Highlights from Italy.
4.00 **A-League** Action from Macarthur FC v Wellington Phoenix.
5.00 **LIVE NBA Charlotte Hornets v Dallas Mavericks.** The inter-conference match staged at Spectrum Centre. Tip-off **5.00pm**.
7.30 **LIVE NBA Memphis Grizzlies v Minnesota Timberwolves.** The Western Conference match at FedExForum. Tip-off **7.30pm**.
10.00 **LIVE NBA Golden State Warriors v Boston Celtics.** The inter-conference match at Chase Centre. Tip-off **10.00pm**.
12.30 AM **Inside the NBA**
1.30 **NBA on Fire** The latest news.
2.00 **Premiership Women's Rugby**
3.00 **Champions League Magazine**
3.30 **UEFA Europa League & Conference League Magazine**
4.00 **Fishing: On the Bank**
5.00 **to 6.00** AM **A-League**

TNT Sports 2

411 871 528 409 431

6.00 AM **Serie A** Action from Italy.
8.00 **LIVE A-League Macarthur FC v Wellington Phoenix.** Coverage from Leumeah. Kick-off **8.00am**.
10.00 **Premier League** A match replay.
11.30 **UEFA Europa League & Conference League Magazine**
12.00 NOON **UEFA Champions League Magazine** Highlights.
12.30 PM **Ultimate Pool**
2.00 **The WRC Magazine**
2.30 **Premiership Women's Rugby**
3.30 **Vendee Globe Highlights**
4.00 **UEFA Europa League & Conference League Magazine**
4.30 **Champions League Magazine**
5.00 **Premier League Stories**
5.30 **Premier League: Big Interview**
6.00 **The Football's On**
7.00 **LIVE NBA** Coverage of games on Dr. Martin Luther King Jr. Day.
11.00 **The WRC Magazine**
11.30 **Women's Ashes**
1.00 AM **LIVE Women's T20 Super Smash Northern Brave v Central Hinds.** Coverage of the match at Seddon Park, Hamilton.
4.30 **TNT Sports Cricket Reload**
4.45 **to 6.00** AM **LIVE T20 Super Smash Northern Brave v Central Stags.** From Hamilton.

TNT Sports 3

417 874 529 410 432

6.00 AM **MotoGP** Action from the Grand Prix of Japan Moto3 race. **7.00** Highlights from the Grand Prix of Japan Moto2 race. **8.00** Action from the Grand Prix of Japan MotoGP sprint race. **8.30** Highlights from the Grand Prix of Japan MotoGP race.
9.30 **MotoGP** Highlights from the Moto3 Grand Prix of Australia. **10.30** Action from the Moto2 Grand Prix of Australia race. **11.30** Highlights from the Grand Prix of Australia sprint race. **12.00** NOON Action from the MotoGP Grand Prix of Australia.
1.00 PM **MotoGP** Action from the Moto3 Grand Prix of Thailand. **2.00** Moto2 Grand Prix of Thailand. **3.00** Action from the Grand Prix of Thailand sprint race. **3.30** Highlights from the MotoGP Grand Prix of Thailand.
4.30 PM **MotoGP Films**
5.30 **The WRC Magazine**
6.00 **LIVE Ultimate Pool** Coverage of the latest round of the season.
9.30 **Fight Week** UFC 311 review.
10.00 **Serie A** Atalanta v Napoli. **11.00** Inter Milan v Empoli.
12.00 M'T **to 6.00** AM **MLB Classic**

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
12.00 NOON **NFL Bitesize Highlights** The Divisional play-offs.
1.00 PM **Good Morning Football** The latest NFL news and talking points.
3.00 **NFL Bitesize Highlights** Action from the Divisional play-offs.
4.00 **Here Come the Irish** Behind the scenes with the Notre Dame Fighting Irish college football team.
4.30 **NFL Bitesize Highlights** The first Divisional play-off match. **4.45** Brief highlights of the second Divisional play-off match.
5.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms discuss stories around the NFL.
7.00 **College Football Final** A preview of tonight's College Football play-off final.
8.00 **Championship Drive** A look at the teams competing in the College Football Play-off final.
9.30 **College GameDay** A preview of the College Football play-off final.
12.00 M'T **LIVE NCAA College Football** Coverage of the College Football play-off final staged at Mercedes-Benz Stadium in Atlanta, Georgia.
4.00 **to 6.00** AM **NFL Bitesize Hlts**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
6.15 **LIVE ICC U19 Women's World T20 South Africa v Samoa.** Coverage of the Group C match staged at Borneo Cricket Ground in Sarawak, Malaysia.
9.30 **Big Bash League**
10.30 **SA20** Recent T20 action.
11.30 **Super League Highlights**
1.00 PM **Fight Night International** Naya Inoue v TJ Doheny.
2.00 **Super League Highlights**
4.00 **Tennis** Adelaide International.
6.00 **DP World Tour Golf** The fourth day of the Dubai Desert Classic.
7.00 **Super League Highlights**
8.00 **ATP Tennis** Adelaide International.
9.00 **DP World Tour Golf** The fourth day of the Dubai Desert Classic.
10.00 **The Rugby Championship** Australia v South Africa.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League Highlights**
2.00 **DP World Tour Golf**
3.00 **SA20** Recent highlights.
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 4

421 876 530 411 434

6.00 AM **MLB Classic** Archive action.
6.30 **Champions League Magazine**
7.00 **UEFA Europa League & Conference League Magazine**
7.30 **Vendee Globe Highlights**
8.00 **T20 Cricket Highlights**
10.00 **One Day International Cricket**
12.00 NOON **Fishing: On the Bank**
1.00 PM **NBA** Heat v Spurs replay.
2.30 **NBA on Fire** The latest news.
3.00 **NBA Action** Highlights.
3.30 **NBA** Heat v Spurs replay.
5.00 **MLB Classic** Archive action.
6.30 **Women's Ashes** Highlights from Australia v England in Sydney.
8.00 **A-League** Action from Macarthur FC v Wellington Phoenix.
9.00 **Fishing: On the Bank**
10.00 **SailGP – Racing on the Edge**
10.30 **UFC Fight Flashback**
11.00 **UFC** A chance to see Islam Makhachev v Arman Tsarukyan.
2.00 AM **UFC Fight Flashback**
5.00 **Fight Week** UFC 311 review.
5.30 **to 6.00** AM **MLB Classic**

Eurosport 1

413 870 521 412 435

5.30 AM **LIVE Australian Open Tennis** Coverage of day nine of the first Grand Slam event of the season at Melbourne Park.
7.30 **Australian Open: Courtside**
8.00 **LIVE Australian Open Tennis** Coverage of the ninth day of the opening Grand Slam event of the season staged at Melbourne Park, featuring fourth-round matches.
1.00 PM **Australian Open: Courtside**
1.30 **Australian Open Tennis** Highlights from day nine of the tournament at Melbourne Park.
6.00 **Australian Open Tennis** Further highlights from day nine.
12.30 AM **LIVE Australian Open Tennis** Coverage of the opening women's singles quarter-final on day 10 from Melbourne Park.
2.30 **to 5.30** AM **LIVE Australian Open Tennis** Coverage of the opening men's singles quarter-final on day 10 of the event staged at Melbourne Park.

Eurosport 2

414 871 522 413 436

5.30 AM **LIVE Australian Open Tennis** Coverage of the ninth day of the Grand Slam event staged at Melbourne Park, featuring fourth-round matches.
10.30 **Alpine Skiing** Recent action.
12.00 NOON **Snowboarding**
1.00 PM **Masters Snooker** Action from the final at Alexandra Palace.
3.00 **LIVE Ice Hockey** The women's bronze medal match at the World University Games in Turin, Italy.
5.30 **Biathlon** Action from the Winter World University Games in Turin.
7.00 **LIVE Ice Hockey** Coverage of the women's ice hockey gold medal match at the World University Games in Turin, Italy.
9.30 **Biathlon** The women's biathlon sprint in the Winter World University Games from Turin. **10.30** The men's sprint in Turin.
11.30 **Alpine Skiing** From Wengen.
12.00 M'T **Masters Snooker**
4.00 **to 6.00** AM **Biathlon**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **My Icon** Sporting influences.
6.15 **LIVE ICC U19 Women's World T20 Scotland v Nepal.** The Group D match at UKM-YSD Cricket Oval in Bangi, Malaysia.
9.30 **Good Morning Transfers**
10.00 **The Football Show**
11.00 **Ref Watch** Refereeing decisions.
12.00 NOON **The Football Show**
1.00 PM **Lunchtime Live** A look at all the sports stories making the headlines this lunchtime.
2.00 **Sports Desk** Sports news with live analysis and comments.
5.00 **The Transfer Show** Analysis of the latest transfer news.
5.30 **Sports Centre** A round-up of the day's major sports headlines.
7.00 **The Transfer Show** Analysis of the latest transfer news.
8.00 **Sky Sports News** All the major and breaking sports news.
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Formula 1** The 2024 Austrian Grand Prix qualifying.
2.05 PM **Ted's Notebook**
2.35 **Hamilton on Silverstone & Ferrari** With Martin Brundle.
2.45 **Ted Drives: F1 Car**
3.00 **Formula 1** Austrian Grand Prix.
7.35 **Ted's Notebook**
8.05 **RB – Behind the Scenes**
8.15 **Lewis' Mercedes Farewell**
8.30 **Formula 1** Austrian Grand Prix.
10.35 **RB – Behind the Scenes**
10.45 **Sainz Says Farewell**
11.00 **Formula 1** Austrian Grand Prix.
12.00 M'T **to 6.00** AM **The Home of F1**

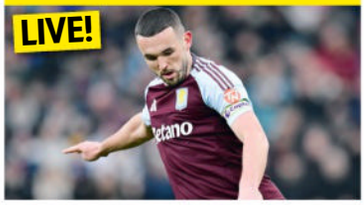
SKY HD SD VIRGIN HD EE HD

Tuesday

21 January

Evening Planner

Football

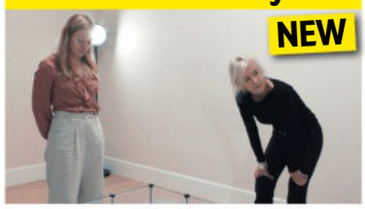


Champions League
Prime Video & TNT Sports 1
Monaco host Aston Villa (TNT Sports 1, k-o 5.45pm), and an unbeaten Liverpool take on Lille (Prime Video, k-o 8pm).

Wildlife

Winterwatch
BBC2, 8pm
Michaela Strachan (with Chris Packham and Iolo Williams) heads to Dorset for a week of seasonal wildlife watching.

Documentary



The Fear Clinic: Face Your Phobia
C4, 8pm
Twenty Brits hope a cutting-edge therapy can cure their worst nightmares.

Documentary

Long Lost Family Special: The Spanish Baby Scandal
ITV1, 9pm
A look into the scandal that tore families apart during Gen. Franco's dictatorship.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Inside the Factory		9.00 Silent Witness		10.00 News; Local News	10.40 How...
	102 BBC2	7.00 Villages by the...	7.30 Nadiya's Fast...	8.00 Winterwatch		9.00 QI XL	9.45 Live at the Apollo		10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 The Martin Lewis Money Show		9.00 Long Lost Family Special: The Spanish...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 The Fear Clinic: Face Your Phobia		9.00 Manhunt		10.00 Katie Price: Making Babies	
	105 CHANNEL 5	7.00 Lost Dog, Found Dog with Clare Balding		8.00 Dogs Behaving (Very) Badly		9.00 Ben Fogle: New Lives in the Wild		10.00 The Wrong Man? 20 Years Behind Bars	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Secret World of Sound with David...		9.00 From			
ENTERTAINMENT	115 BBC3		7.15 Top Gear		8.20 The Simple Life	9.00 Life and Death Row		10.00 The Traitors	
	116 BBC4	7.00 Canal Boat...	7.30 The Yorkshire...	8.00 Porridge	8.30 As Time Goes By	9.00 Charles I: Downfall of a King		10.00 Shoah: First Era	
	118 ITV2	◂ 6.55 Wheel of Fortune		7.55 Deal or No Deal: Celebrity Special		9.00 Love Island: All Stars		10.05 Coleen Rooney: The Real...	
	136 MORE4	◂ 6.55 Car S.O.S.		8.00 PopMaster TV		9.00 Yorkshire by the Sea		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 The Cleaning Lady		10.00 FBI: Most Wanted	
	108 SKY ATLANTIC	◂ 6.50 Billions		8.00 Game of Thrones		9.00 Lockerbie: A Search for Truth		10.10 Riviera	
	110 U&GOLD	◂ 6.40 Dad's Army		8.00 dinnerladies	8.45 Miranda		9.25 Gavin & Stacey	10.00 The Royle Family	
	111 U&DAVE	7.00 QI XL	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Unforgotten	
	120 ITV4	7.00 The Motorbike Show		8.00 The Grand Fishing Adventure		9.00 Giant Lobster Hunters		10.00 Film: Jaws 3	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Tenacious D in The Pick of Destiny			
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead		10.00 Grimm	
	113 SKY MAX	7.00 Stargate Universe		8.00 Rob & Romesh vs NBA Basketball		9.00 From			
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 JRR Tolkien: Designer of Worlds			9.15 Inside Guggenheim		10.30 Lost Music of...
	132 U&W	7.00 DIY SOS: The Bigger Build Ireland		8.00 Inside the Ambulance		9.00 Pete Wicks: For Dogs' Sake		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Bitchin' Rides		9.00 Gold Rush			
	162 ANIMAL PLANET	7.00 Crikey! It's the Irwins		8.00 The Aquarium				10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 WW2: Hell Under the Sea		9.00 Hitler's Last Stand		10.00 Erased: WWII Heroes of Colour	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 The Great British Dig: History in Your...		9.00 The Lost Women Spies		10.05 Prison Chronicles	
	155 U&YESTERDAY	7.00 Canal Boat Diaries		8.00 Speed with Guy Martin		9.00 Bangers & Cash			
	121 SKY DOCS	7.00 Kingdom of Dreams		7.55 Burden of Proof: Who Killed Jennifer...		9.00 Music Box			
FILMS - Sky Cinema	301 PREMIERE	◂ 5.50 The Fall Guy		8.00 Bad Boys: Ride or Die				10.00 Kill	
	302 FEEL GOOD	◂ 6.20 Daddy Day Care		8.00 Step Brothers			9.50 The Last Rifleman		
	303 HITS	◂ 5.40 Shazam! Fury of the Gods		8.00 The Mummy				10.10 The Mummy Returns	
	304 GREATS	◂ 5.50 Philadelphia		8.00 Forrest Gump					10.25 The Shawshank...
	305 ANIMATION		7.15 Surf's Up		8.50 The Lego Ninjago Movie				
	306 FAMILY	◂ 5.50 The Smurfs 2	7.45 Robo-Dog: Airborne			9.20 Hot Dog Derby			
	307 STUNTS	◂ 6.05 Baby Driver		8.00 Wonder Woman					10.30 Hulk
	308 COMEDY	◂ 6.20 Along Came Polly		8.00 Crazy Rich Asians				10.10 Seriously Red	
	309 CRIME	◂ 6.15 Swordfish		8.00 Captain Phillips				10.15 Zero Dark Thirty	
	310 DRAMA	◂ 6.20 Miss Potter		8.00 Ghost				10.10 Field of Dreams	
	311 SCI-FI	◂ 5.30 The Lawnmower Man		8.00 War of the Worlds				10.10 The Nun	
	313 FILM4	◂ 6.00 Le Mans '66				9.00 Tombstone			
SPORT	401 MAIN EVENT	◂ 3.00 SA20 – Live	7.30 EFL – Live: Millwall v Cardiff City (Kick-off 8.00)						10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special						10.15 Netbusters	
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Millwall v Cardiff City (Kick-off 8.00)						10.30 WSL
	404 CRICKET	◂ 3.00 SA20 – Live	7.30 Women's ICC...	8.00 Big Bash League		9.00 SA20			
	410 TNT SPORTS 1	◂ 5.00 UEFA Champions League – Live: Monaco v Aston Villa (Kick-off 5.45); Benfica v Barcelona (Kick-off 8.00)							10.30 PL Reload
	411 TNT SPORTS 2	◂ 5.30 UEFA Champions League – Live: Atalanta v Sturm Graz (Kick-off 5.45); Atletico Madrid v Bayer Leverkusen (Kick-off 8.00)						10.00 Women's Ashes	

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition The detectorist team look for a lost wedding ring. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **Escape to the Country** New edition From West Sussex. (S)
3.45 **The Bidding Room** New edition Dealers bid for a vintage bear. (S)
4.30 **The Travelling Auctioneers** New edition From Southampton. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 Inside the Factory

7 PM

7.00 **The One Show** Topical show hosted by Alex Jones and Lauren Laverne. (S)
7.30 **EastEnders** George is determined to find out what Ian is up to, and Reiss breaks down to Bianca about Sonia's situation. (S)(AD)

8 PM

8.00 **Inside the Factory** New edition 4/6. Paddy McGuinness visits the Graze factory in west London where they make 40 million flapjacks a year, and Cherry Healey learns all about how oats can benefit gut health. (S)(AD)

9 PM

9.00 **Silent Witness** New episode *Broken – Part Two:* 6/10. Nikki conducts a post-mortem on a head and a terrifying discovery disturbs the team. DNA evidence forces them to seek advice from an unlikely quarter. (S28) (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW SERIES **How to Win the Champions League** 1/3. The first instalment of a three-part look at Real Madrid's continental success, including a look back at them becoming champions of Europe for a record-extending 15th time last season. (S)(AD)
11.10 FILM **Blade Runner 2049** Sci-fi thriller sequel starring Ryan Gosling and Harrison Ford. An android-hunter uncovers a secret and goes in search of the missing detective connected to the case. (S)(AD) (2017, 15, 150min) ★★★★★
1.40 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.45 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **Bargain Hunt** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Digging for Britain** (R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 LIVE **Bowls: World Indoor Championships** Coverage from Potters Resorts at Hopton-on-Sea, Norfolk, featuring the mixed pairs final and a second-round open singles match. (S)
5.15 **Flog It!** From the Old College at Aberystwyth University. (S)(R)
6.00 **Richard Osman's House of Games** New edition With guests Eniola Aluko, Phil Daniels, Nikita Kanda and Danny Miller. (S)
6.30 **Joanna Page's Wild Life** New edition 12/15. Joanna helps with rehabilitating a dove that was rescued from a burning building. (S)

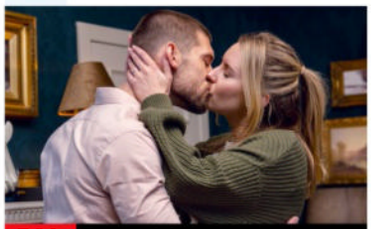
9.45 Live at the Apollo

7.00 **Villages by the Sea** Archaeologist Ben Robinson travels to Cushendall in Northern Ireland. (S)(R)
7.30 **Nadiya's Fast Flavours** 3/6. Nadiya Hussain rustles up some treats including a magical custard tart. (S)(R)(AD)
8.00 NEW SERIES **Winterwatch** 1/4. Chris Packham, Michaela Strachan and the team follow the fortunes of wildlife around the UK. *See feature, page 11.* (S) ■ Continues tomorrow
9.00 **QI XL** New edition 13/16. Host Sandi Toksvig is joined by Alan Davies, Jason Manford, Ahir Shah and Holly Walsh for an extended version of the comedy quiz. (S)
9.45 **Live at the Apollo** New edition 5/7. Actor and comedian Babatunde Aléshé introduces Chloe Petts and Lindsey Santoro to the stage at the Hammersmith Apollo. (S)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Simon Schama's Story of Us** 2/3. The historian examines how artists and writers, ranging from James Bond creator Ian Fleming to 2Tone band The Specials, have responded to the changing face of post-imperial Britain. (S)(R)(AD)
12.05 AM **Sign Zone: The Traitors** (S)(R)
1.05 **Sign Zone: Dragons' Den** (S)(R)
2.05 **Sign Zone: Digging for Britain** 3/6. A tomb in Orkney. (S)(R)(AD)
3.05 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Compilation of some of the show's most dramatic endgames. (S)(R)
2.30 **Pictionary** New edition Scarlett Moffatt and Jeff Brazier take part in the game show. (S)(AD)
3.00 **Lingo** New edition Word-based game show hosted by Adil Ray. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Hayden takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)



7.30 Emmerdale

7.30 **Emmerdale** Steph is upset when her grandfather fails to meet her, and Dawn's anger gives way to passion. Meanwhile, there is panic in the village when a gunshot rings out. (S)(AD)
8.00 **The Martin Lewis Money Show: Live** New edition Martin talks about debt cost-cutting and the best ways to manage maxed out credit cards before discussing the best ways to shift some of the financial load of January. (S)
9.00 NEW **Long Lost Family Special: The Spanish Baby Scandal** Davina McCall and Nicky Campbell meet two women who believe babies were stolen from their families at birth. *See feature, page 20.* (S)(AD)
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Unbelievable Moments Caught on Camera** 3/3. More jaw-dropping footage filmed by members of the public, including the moment that an American father saved his children from an alligator at his home. (S)(R)(AD)
11.40 **Heathrow: Britain's Busiest Airport** 11/12. A passenger attempts to kick off a round-the-world trip using someone else's boarding card. (S)(R)(AD)
12.00 M'T **Teleshopping**
3.00 AM **Lingo** Word-based game show hosted by Adil Ray. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 22-24/27. (S9) (S)(R)
7.45 **The King of Queens** (S8&9) (S)(R)
8.40 **Frasier** 14-17/24. (S1) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** From Baltimore. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** Five editions of the B&B challenge. (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Opening day comes round fast for Brian and Paula at their new French restaurant. (S)
5.00 **Junior Bake Off** New edition 12/15. The junior bakers face the first-ever History Day. (S)(AD)
6.00 **A Place in the Sun** New edition Lucy Alexander helps an East Sussex couple find a property on the shores of Lake Garda, Italy. (S)

10.00 Katie Price: Making Babies

7.00 **News** (S)
8.00 NEW SERIES **The Fear Clinic: Face Your Phobia** Documentary following patients as they check in for an intense 48-hour therapy treatment at Amsterdam's Kindt Clinic in hopes of curing their phobias. *See feature, page 21.* (S)(AD)
9.00 **Manhunt** New edition 2/3. Greater Manchester Police's Major Incident Team springs into action when three suspects vanish after a stabbing on a busy street in broad daylight leaves a 24-year-old dead. (S)(AD)
10.00 **Katie Price: Making Babies** Series finale 2/2. Having successfully overcome the first hurdle, Katie and Carl continue their IVF journey as they try to beat the odds and deal with the pressure of undergoing fertility treatment. (S)(AD)
11.05 **24 Hours in Police Custody: The Unusual Suspects** (S)(R)
12.05 AM NEW **Untold: The Toxic World of Perfect Looks** (S)(SL)(AD)
1.05 **Travel Man: 48 Hours in Rotterdam** (S)(SL)(R)(AD)
1.30 **The Great Pottery Throw Down**
2.40 **Ramsay's Kitchen Nightmares USA** From Colorado. (S)(SL)(R)
3.30 **Location, Location, Location** (R)
4.20 **Jamie's One-Pan Wonders** (S)(R)
4.30 **Frasier** (S9&10) (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S8) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 NEW **Death at the Diner: A Teagarden Mystery** Crime drama starring Skyler Samuels and Marilu Henner. (S)(R)
4.00 **Bargain-Loving Brits in the Sun** New edition On the Costa Calida, chef Tony hosts his first-ever BBQ. (S)
5.00 **News** (S)
6.00 **Winter Road Rescue** Double bill of the documentary following snowplough teams and RAC patrols in Scotland and the north of England. (S)(R)
6.55 **News** (S)

8.00 Dogs Behaving (Very) Badly

7.00 **Lost Dog, Found Dog with Clare Balding** New edition 3/4. This edition focuses on some tricks for enticing a lost dog to return home. (S)
7.55 **News** (S)

8.00 **Dogs Behaving (Very) Badly** New edition Trainer Graeme Hall meets a glasses-obsessed terrier, and also helps a German shepherd who holds on to his tail at any given opportunity. (S)

9.00 **Ben Fogle: New Lives in the Wild** New edition The presenter ventures into the snowy mountains of Piedmont, Italy, where he meets Father Johannes, an Austrian priest living as a hermit. (S)

10.00 NEW **The Wrong Man? 20 Years Behind Bars** The story of Paul Denham, who was sentenced to life without parole in a maximum-security prison after being charged with the first-degree murder of his wife's lover. (S)

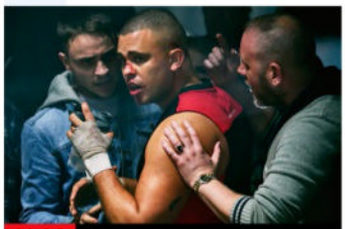
11.30 **Killer at the Crime Scene** (R)
12.30 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Hotel Chocolat: Unwrapped** A look behind the scenes at a chocolate-makers. (S)(R)
3.50 **Rich House, Poor House** (S)(R)
4.40 **Divine Designs** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour | 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Kay Burley**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S5) (S)(R)(AD)
3.00 **NCIS: New Orleans** (S7) (S)(R)
4.00 **MacGyver** 11/13. (S4) (S)(R)
5.00 **The Simpsons** *The Colour Yellow:* Lisa gets a shock after investigating her ancestry. (S)(R) **5.30** *Thursdays with Abie:* A columnist writes a series of stories about Grampa. (S)(R)
6.00 **The Office (US)** 15/26. Michael has trouble adjusting to Dunder Mifflin's acquisition. (S)(R) **6.30** 16/26. A visit from the Sabre CEO brings bad news for either Michael or Jim. (S6) (S)(R)



11.00 Brassic

7.00 **The Simpsons** *Postcards from the Wedge:* Bart plays his parents off against each other. (S)(R) **7.30** *Stealing First Base:* Bart takes Grampa's advice and decides to steal a kiss from a girl at school. (S)(R)

8.00 **Secret World of Sound with David Attenborough** 2/3. David shares the sounds that gibbons, lyrebirds, bull elk and more use to find a mate – and warn off the competition. (S)(R)(AD)

9.00 **From** New episode *Mouse Trap:* 3/10. Kenny leads a group into the forest in search of food as Donna and Ellis try to talk Boyd out of a dangerous plan. Meanwhile, Tabitha makes a discovery. (S)

10.05 **From** New episode *There and Back Again:* 4/10. Boyd is forced to make a tough decision when newcomers arrive in town at nightfall. Victor unearths memories from the past in the hopes of finding answers. (S3) (S)
■ Entire series on Sky Box Sets

11.00 **Brassic** 3/6. Ash is drugged during a bare-knuckle bout against a fighter from a rival family of travellers. (S1) (S)(R)
12.00 M'T **The Force: Manchester** (R)
1.00 AM **Brit Cops: Rapid Response**
2.00 **Road Wars** (S)(R)
3.00 **NCIS: New Orleans** (S7) (S)(R)
4.00 **MacGyver** (S4) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour | 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
1.40am Scotcast (S)(R) **2.10** Weather for the Week Ahead (S) **2.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm True North: Row Hard or Row Home – Around Ireland in 32 Days New edition (S) **11.10** NEW SERIES How to Win the Champions League (S)(AD) **11.40** Have I Got News for You (S)(R) **12.10am** Pointless Celebrities (S)(R) **1.00-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
9.00-10.00pm NEW Unmasked: Extreme Far Right (S) **10.40-11.10pm** Legends of Welsh Sport: Johnny Owen – The Matchstick Man New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
9.00pm Silent Witness New episode (S)(AD) **10.00-10.30** Rewind: 60 Years of Welsh Pop (S)(R) **11.05** First Minister's Questions (S) **12.00m't-12.05am** The Super Squirrels (S)(R)

ITV1

As main ITV1 except:
WALES
10.45-11.40pm Sharp End: Political discussion. (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Codi Pac **12.30** Heno **1.00** Colleen Ramsey: Bywyd a Bwyd **1.30** Cefn Gwlad (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Priodas Pum Mil **4.00** Awr Fawr **5.00** Stwnsh **6.00** Pobol y Rhondda **6.30** Adre **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Ty Ffit New edition **10.00** Gwladfa: Gwilym Bowen Rhys **10.30-11.35pm** Radio Fa'ma (AD)

TV&Satellite week
New issue on sale today

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Glen Powell: The Story So Far** Glen Powell talks through his career.
7.15 **Top Gear** Chris Harris and Rory Reid take a road trip across Cuba in a pair of second-hand sports cars.
8.15 **The Catch Up**
8.20 **The Simple Life** Paris and Nicole's next internship is at a lively daycare centre. **8.40** Paris and Nicole work at a zoo in Baltimore.
9.00 NEW SERIES **Life and Death Row** 1/3. Following the campaign to stop Ivan Cantu's execution.
10.00 **The Traitors** 9/12. Breakfast proves to be a wake-up call for the Faithful.
11.00 **The Traitors: Uncloaked**
11.30 **Video Nasty** 3&4/6. (S1)
12.30 AM **High: Confessions of an Ibiza Drug Mule**
1.15 **The Fast and the Farmer-ish** Tractor contest
1.45 **Top Gear** As 7.15pm.
2.45 **Drugs Map of Britain**
3.10 **to 3.55** AM **High: Confessions of an Ibiza...**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Canal Boat Diaries** Robbie Cumming explores the English canal network, beginning with a journey from Shardlow to Etruria Junction, Stoke-on-Trent.
7.30 **The Yorkshire Dales** Paul Rose explores the region, beginning in Wensleydale.
8.00 **Porridge** Godber gets into a fight a week before his parole board hearing.
8.30 **As Time Goes By** Judith goes away for the weekend, leaving Lionel and Jean with the house to themselves.
9.00 **Charles I: Downfall of a King** 1/3. Lisa Hilton finds out how Charles I's rule collapsed in just 50 days.
10.00 **Shoah: First Era** 1/2. Director Claude Lanzmann's documentary about the Holocaust, incorporating the stories of concentration camp survivors, witnesses and former members of the Nazi party. Partly subtitled.
2.25 AM **Canal Boat Diaries**
2.55 **to 3.55** AM **The Man Who Shot Tutankhamun**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions of the culinary contest from north Surrey.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw enlist the help of actor Roger Moore. **6.55** Restoring a Singer Le Mans sports car for a farmer suffering from dementia.
8.00 **PopMaster TV** New edition Ken Bruce hosts Britain's toughest music quiz, as five players compete in the second heat.
9.00 **Yorkshire by the Sea** Fisherman Darren heads into the North Sea from Staithes in search of lobster and crab, and an ambitious couple launch the first wine grown in their Robin Hood's Bay vineyard.
10.00 **24 Hours in A&E** Mark, a 35-year-old long-term resident at a neurological hospital, is rushed to St George's struggling to breathe, while three-year-old Thomas is brought in with a high temperature.
11.05 **24 Hours in A&E**
12.10 AM **PopMaster TV**
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour | 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Junior Bake Off**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** *The Mansion Family:* Featuring the guest voice of Britney Spears.
7.00 **Hollyoaks** Grace Black makes it clear she knows who and what she wants.
7.30 **Modern Family** 3/18. Phil, Claire, Alex and Luke give Haley the day off. (S11)
8.00 **The Simpsons** *Springfield Splendor:* Marge and Lisa turn a sad experience into a Broadway show. **8.30** *Whistler's Father:* Marge impresses Fat Tony.
9.00 **Celebrity Gogglebox** *Big Brother: Best Shows Ever* and *EastEnders* are appraised.
10.00 **Gogglebox** Opinions on *Saving Our Wild Isles*.
11.05 **First Dates: Valentine's Special 2020** Dating show.
12.05 AM **Naked Attraction**
1.10 **Celebrity Gogglebox**
2.10 **Gogglebox**
3.10 **The Simpsons**
4.05 **Brooklyn Nine-Nine**
4.30 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour | 235/236 | 306 | 30 | 123

Tuesday primetime

Tuesday primetime

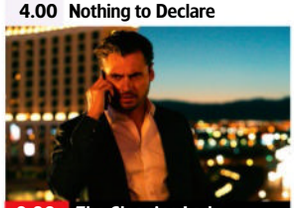
TUESDAY Entertainment

Tuesday

Sky Witness

107 807 110 341 356

6.00 AM **The Force: Manchester**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Brit Cops: Frontline Crime UK**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **Bull** 11/22. (S6)
12.00 NOON **FBI** 11/22. (S5)
1.00 PM **FBI: International** 11/22. The team look for a kidnapped American teen in Austria. (S2)
2.00 **FBI: Most Wanted** 10/22. A detective is abducted. (S4)
3.00 **UK Border Force**
4.00 **Nothing to Declare**


9.00 The Cleaning Lady

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI** *Sins of the Past:* 18/22. A gunned down trucker leads the team to a criminal on the FBI's Most Wanted list. (S5)

9 PM
9.00 **The Cleaning Lady** 1/10. A single mother becomes a cleaning lady for the Mob to provide for her child. (S1)

10 PM
10.00 **FBI: Most Wanted** *Unhinged:* 5/22. A case of arson and murder leads the team to a decades-old family secret. (S3)
11.00 **The Rookie** 1/20. Officer Bradford fights for his life. (S2)
12.00 M'T **Chicago Fire** 9/13. (S12)
1.00 AM **Chicago PD** 8/13. (S11)
2.00 **Chicago Med** 8/13. (S9)
3.00 **Bull** 11/22. (S6)
4.00 **Air Ambulance ER**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Urban Secrets**
8.00 **The Sopranos** 2&3/13. (S5)
10.00 **Billions** 11&12/12. (S2)
12.15 PM **Game of Thrones** (S2)
1.20 **Perry Mason** 1&2/8. (S1)
3.35 **The Sopranos** 2/13. Carmela finds a new interest, and Adriana wrestles with guilt. **4.40** 3/13. Johnny Sack rises to a new position of power in the New York organisation. (S5)
5.45 **Billions** 11/12. Chuck and his father find they have much riding on the rise or fall of Ice Juice's new IPO. (S2)

8.00 Game of Thrones

6.50 **Billions** *Ball in Hand:* 12/12. The explosive power struggle between Axelrod and Rhoades continues. (S2)

8.00 **Game of Thrones** *The Night Lands:* 2/10. Arya shares a secret with her new friend Gendry while travelling to the Wall. (S2)

9.00 **Lockerbie: A Search for Truth** 3/5. After 12 years, the trial finally begins, but as it unfolds Jim Swire begins to question the evidence. (S1)

10.10 **Riviera** 9/10. Irina threatens to crack under pressure as the family's suspicions grow. (S2)
11.10 **Riviera** 10/10. Georgina faces up to the damage she has inflicted on the family. (S2)
12.15 AM **The Wire** 8/12. Avon plans a trap for Marlo. (S3)
1.30 **Game of Thrones** 2/10. (S2)
2.35 **Gomorrah** 6/12. (S3)
3.40 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** 2&3/22. (S5)
8.00 **Supergirl** 8/20. (S6)
9.00 **Stargate Universe** (S2)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 10/20. (S6)
1.00 PM **S.W.A.T.** 4&5/22. (S5)
3.00 **NCIS: New Orleans** 1/16. (S7)
4.00 **MacGyver** 11/13. (S4)
5.00 **DC's Legends of Tomorrow** 5/13. Sara, Ava, Behrad and Gary try to track down Dr Gwyn Davies in New York. (S7)
6.00 **Stargate Universe** 3/20. The *Destiny* finds itself on a collision course with another ship. (S2)

9.00 From

7.00 **Stargate Universe** *Pathogen:* 4/20. The crew become increasingly concerned about Chloe's erratic behaviour. (S2)

8.00 **Rob & Romesh vs NBA Basketball** Comedians Rob Beckett and Romesh Ranganathan head to LA to learn about the sport.

9.00 **From** New episode *Mouse Trap:* 3/10. Kenny leads a group into the forest in search of food, while Tabitha makes a discovery.

10.00 **From** New episode *There and Back Again:* 4/10. Boyd is forced to make a tough decision. (S3)
■ Entire series on Box Sets
11.00 **Brassic** 3/6. Ash is drugged during a bare-knuckle bout against a fighter from a rival family of travellers. (S1)
12.00 M'T **A League of Their Own**
1.00 AM **Brit Cops: Rapid Response**
2.00 **Road Wars**
3.00 **NCIS: New Orleans** 1/16. (S7)
4.00 **MacGyver** 11/13. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **World's Funniest Videos**
10.00 **Secret Crush** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.00 **In with a Shout**
3.00 **Charmed** 20/23. (S6)
4.00 **Gilmore Girls** 18/22. Rory plans a birthday bash. (S3)
4.55 **Dinner Date**
5.55 **Celebrity Catchphrase** With Sally Dynevor, Barney Walsh and Zoe Williams.

10.05 The Real Wagatha Story

6.55 **Wheel of Fortune** Graham Norton hosts as contestants try to win a potential £50,000 prize.
7.55 **Deal or No Deal: Celebrity Special** *Strictly Come Dancing*'s Motsi Mabuse and her sister, *Dancing on Ice*'s Oti take part in the game show.

9.00 **Love Island: All Stars** New edition As the temperature rises, there are plenty more surprises in store for the islanders.

10.05 **Coleen Rooney: The Real Wagatha Story** 2/3. Coleen thinks that she has identified Rebekah Vardy as the leak.
11.05 **Family Guy** 1&2/20. (S21)
12.05 AM **American Dad!** (S17)
1.05 **Bob's Burgers** 8&9/22. (S9)
2.05 **Stand Up Sketch Show** With Rhys James and Helen Bauer.
2.35 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **The Darling Buds of May**
9.25 **The Royal** Double bill.
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **A Touch of Frost** *Close Encounters:* An autistic teenager is arrested for the murder of a security guard.
5.55 **Heartbeat** *Safe House:* Mike and Jackie receive orders to provide a refuge for a dangerous police informant.

5.55 Heartbeat

6.55 **Heartbeat** *Blind Justice:* Craddock is smitten by the charms of newcomer Susan Finlay, but soon faces a huge quandary.

8.00 **Vera** *The Ghost Position:* The detective's former colleague, Sergeant Stuart Macken, is left badly burned when his house is petrol-bombed, while his teenage daughter fights for her life in intensive care.

10.00 **Unforgotten** 3/6. The victim's turbulent past comes to light and leads the team in unexpected directions. (S5)
11.00 **Wire in the Blood** 4/4. Hill's judgement is called into question when new DNA evidence comes to light. (S4)
12.55 AM **The Darling Buds of May**
2.00 **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Our Lives: Aberdeen Harbour** The day-to-day running of one of Britain's busiest ports.
8.00 NEW SERIES **This Farming Life** 1/12. Frictions rise between Nick and dad Derek in a year of transition.
9.00 NEW SERIES **Murder Case: The Hunt for Mary McLaughlin's Killer** An insight into the hunt for the murderer of Mary McLaughlin.
10.00 **Darren McGarvey: The State We're In** 2/3. The author and rapper explores the state of the UK's classrooms.
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **Best of Only an Excuse?** Highlights of the comedy.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** (S3)
9.15 **The Conners** (S2)
10.15 **Silicon Valley** (S3)
11.25 **Barry** 7&8/8. (S3)
12.35 PM **Entourage** (S5)
1.45 **Silicon Valley** (S3)
3.05 **Barry** 7&8/8. (S3)
4.25 **Ballers** 9&10/10. (S3)
5.45 **The Office (US)** (S6)
6.45 **The Conners** (S2)
7.45 **Ballers** 3/10. Ricky jumps to conclusions. **8.20** 4/10. Tensions rise between Charles and Larry. (S3)
9.00 **In the Long Run** 3/6. Bagpipes helps Valentine get match fit for a trial. **9.30** 4/6. Walter and Agnes save their god-daughter's party. (S1)
10.00 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.00 **Chris Rock: Never Scared** Stand-up show.
12.30 AM **Enlightened** (S2)
1.50 **Barry** 7&8/8. (S3)
3.10 **to 5.00** AM **Togetherness**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **South Bank Show**
6.30 **Cirque du Soleil**
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Landscape Artist of the Year 2019**
1.00 PM **Tales of the...**
2.00 **Art Traffickers**
3.00 **Discovering**
4.00 **The Great Songwriters**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **JRR Tolkien: Designer of Worlds**
9.15 **Inside Guggenheim**
10.30 **Lost Music of Auschwitz**
12.00 M'T **Jonas Kaufman at Arena di Verona**
2.00 AM NEW SERIES **Landscape Artist of the Year** The contest returns.
3.00 **Landscape Artist of the Year: Celebrity Special**
4.00 **Arcimboldo: Portrait of an Audacious Man**
5.10 **to 6.00** AM **Inside Art**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 12/26. (S6)
5.00 **Atlantis** 12/13. (S2)
6.00 **Star Trek: Deep Space Nine** 6/26. (S7)
7.00 **Star Trek: Voyager** (S3)
8.00 **Hawaii Five-0** (S7)
9.00 **FBI: Most Wanted** *Sport of Kings:* 8/22. (S3)
10.00 **FBI: International** *Left of Boom:* 16/21. (S1)
11.00 **Britain's Most Evil Killers** Raoul Moat.
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **Fletchers' Family Farm**
9.10 **Gino's Italy**
10.10 **Worst to First** New edition
11.05 **The Real Housewives of Beverly Hills**
12.05 PM **Fletchers' Family...**
1.05 **Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey**
6.00 **Buying and Selling**
7.00 **Gino's Italy**
8.00 **Dinner Date**
9.00 **The Real Housewives of Orange County** New edition Reality show.
10.00 **The Real Housewives Ultimate Girls' Trip**
11.05 **Botched** Medical series.
12.00 M'T **Only Way Is Essex**
1.00 **to 1.30** AM **Buying the...**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 7/8. (S1)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 4/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 23-26/26. (S7)
9.00 **Randall and Hopkirk (Deceased)** *Vendetta for a Dead Man:* 24/26. Jeannie's life is put in serious danger. (S1)
10.00 **The New Avengers** *Three Handed Game:* 11/13. An enemy agent intercepts important documents. (S1)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S7)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.05 **The Professionals**
8.10 **Return of Sherlock Holmes**
9.20 **Magnum, PI**
10.20 **Kojak**
11.25 **BattleBots**
12.30 PM **Return of Sherlock Holmes** Murder mystery.
1.40 **Magnum, PI**
2.40 **Kojak**
3.50 **Minder**
4.55 **The Professionals**
6.00 **BattleBots** New edition Blip faces off against Overhaul.

10.00 Jaws 3

7.00 **The Motorbike Show** Henry jets off to South Africa for dual sport touring and continues his Harley restoration.
8.00 **The Grand Fishing Adventure** Ali and Bobby fish in France for giant sturgeon carp in an underwater special.
9.00 **Giant Lobster Hunters** New edition Following six lobster boat captains over ten weeks of winter rock lobster hunting seasons.
10.00 FILM **Jaws 3** Adventure sequel with Dennis Quaid and Bess Armstrong. (1983, 12, 99min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.05 AM **Ligue 1 Highlights**
12.30 **Return of Sherlock Holmes**
1.30 **Minder**
2.30 **Motorsport Mundial**
3.00 **Teleshopping**
3.30 **Auto Mundial**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 3/26. (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 18/26. (S5)
2.00 **Warehouse 13** 12/13. (S1)
3.00 **Stargate SG-1** 5/20. (S8)
4.00 **Star Trek: Voyager** 1/26. (S2)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 3/26. A Federation planet requests help from the *Enterprise* crew members. (S3)

8.00 Stargate SG-1

7.00 **Warehouse 13** *Nevermore:* 12/13. Myka returns home to visit her dying father. (S1)
8.00 **Stargate SG-1** *Icon:* 5/20. The Rand Protectorate and the Caledonian Federation are drawn into a civil war. (S8)
9.00 **The Walking Dead** *Secrets:* 6/13. Maggie begs Glenn to keep quiet about the walkers in Hershel's barn. (S2)
10.00 **Grimm** *Last Grimm Standing:* 12/22. Nick and Hank uncover an underground fighting circuit. (S1)
11.00 **SurrealEstate** 5/10. The team encounter a moody child spirit. **12.00** M'T 6/10. The team take over a listing plagued by a series of murders. (S1)
1.00 AM FILM **2-Headed Shark Attack** Action horror. (2012, 15, 88min) ★★
3.00 **Room 104** 1&2/12. (S2)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S7)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 13/16. (S2)
12.00 NOON **The Mentalist** (S4)
1.00 PM **Death in Paradise** (S12)
2.00 **Murdoch Mysteries** (S7)
4.00 **Miss Scarlet and the Duke**
5.00 **Hudson & Rex** 13/16. Charlie is thrown off his feet by a Molotov cocktail blast. (S2)
6.00 **Father Brown** *The House of God:* The holiest house in Kembleford is linked to the death of a wanton woman.

9.00 Death in Paradise

7.00 **The Mentalist** *Little Red Book:* 2/24. Patrick pits his old team against his new colleagues in a challenge to solve a murder. (S4)
8.00 **White Collar** *Where There's a Will:* 2/16. Neal and Peter must decode a treasure map to save a kidnapped girl. (S3)
9.00 **Death in Paradise** *A Calypso Caramba:* 8/8. The team investigates the murder of a calypso singer's husband. (S12)
10.00 **Father Brown** *The House of God:* The holiest house in Kembleford is linked to the death of a wanton woman.
11.00 **The Mentalist** 24/24. Part two of two. Jane uses Hightower's location to attract Red John's accomplice. (S3)
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **CSI: Vegas** 7/21. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.30 AM **Highlights**
9.20 **dinnerladies**
10.00 **Are You Being Served?**
10.40 **Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **dinnerladies**
2.00 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Keeping Up Appearances**
6.00 **Are You Being Served?**
6.40 **Dad's Army**

8.45 Miranda

7.20 **Dad's Army** Mainwaring has an unusual dream in which he is Napoleon at the Battle of Waterloo.
8.00 **dinnerladies** Twinkle and Stan spoil Petula's plans for a peaceful Christmas.
8.45 **Miranda** Penny threatens to cancel Miranda's Christmas if she fails to get her life in order.
9.25 **Gavin & Stacey** The newlyweds begin leading separate lives.
10.00 **The Royle Family** The Royles look forward to a party in celebration of Antony's 18th birthday.
10.40 **dinnerladies** As 8.00pm.
11.30 **Miranda** As 8.45pm.
12.05 AM **Gavin & Stacey**
12.40 **The Royle Family** As 10pm.
1.20 **Miranda** As 8.45pm.
2.00 **Gavin & Stacey** As 9.25pm.
2.35 **The Royle Family** As 10pm.
3.20 **to 4.00** AM **Last of the Summer Wine**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Survivor South Africa**
8.00 **Special Ops: Crime Squad UK**
10.00 **Extreme Fishing with Robson Green** Double bill.
12.00 NOON **American Pickers**
2.00 PM **Our Guy in Russia**
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Chicken and Egg** The duo visit Bromsgrove to taste some jerk chicken.
6.00 **Rick Stein's Cornwall** The chef visits one of the UK's last live cattle markets. **6.30** Rick uncovers the story of Cornwall's ancient capital.

5.00 The Hairy Bikers' Chicken...

7.00 **QI XL** With guests Noel Fielding, Rhod Gilbert and Cariad Lloyd.
7.40 **Richard Osman's House of Games** Guests include Nihal Arthanayake, Patsy Kensit and Mae Martin. **8.20** Guests include Mina Anwar, Glen Moore and Kiri Pritchard-McLean.
9.00 **Have I Got a Bit More News for You** Kirsty Young hosts, with guests Bob Marshall-Andrews and Dr Phil Hammond.
10.00 **QI XL** Guests Hannah Waddingham, Desiree Burch and Jason Manford join regular panellist Alan Davies and Sandi Toksvig.
11.00 **8 Out of 10 Cats** With Katherine Ryan, Johnny Vegas, Alex Brooker, Anna Richardson and Sophie Duker.
12.00 M'T **Mock the Week**
1.20 AM **QI XL** As 7.00pm.
2.00 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74

Tuesday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
12.30 PM **A Place in the Sun**
2.30 **Frasier** (S9)
4.00 **Junior Bake Off**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **George Clarke's Adventures in Americana** George visits Florida to see how the state's cultural diversity is represented.
8.00 **Grand Designs Revisited** A fortress-like home on the edge of the West Pennine Moors.
9.00 FILM **Moonfall** Sci-fi thriller starring Patrick Wilson and Halle Berry. (2022, 12, 130min) ★★★
11.30 FILM **Terminator Genisys** Sci-fi adventure sequel starring Arnold Schwarzenegger. (2015, 12, 126min) ★★★
2.00 AM **Katie Price: Making Babies** Double bill.
4.00 **to 4.55** AM **8 Out of 10 Cats Does Countdown**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 22-24/25. (S6)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Jet Lag:* 13/24. An assassin targets Nora Williams, a government witness on a flight. **7.00** *Masquerade:* 14/24. Terrorists threaten to detonate a crude nuclear device. **8.00** *Jack Knife:* 15/24. An Iraq War veteran asks Gibbs to investigate the killing of another former Marine. (S7)
9.00 NEW SERIES **Law & Order** *Freedom of Expression:* 1/13. After a murder, the line between free speech and hate speech at a university is examined. (S23)
10.00 **Law & Order: Special Victims Unit** (S12&11)
1.50 AM **Criminal Minds**
2.50 **Law & Order** (S17)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **The Hospital: Life on the Line** Documentary.
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T NEW **TMZ: Killing a Movie Star: Grave Injustice** The death of actor Dominique Dunne.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.30 **Outback Truckers**
10.30 **Traffic Cops**
11.30 **Police Interceptors**
12.30 PM FILM **Young Guns of Texas** Western. (1962, U, 84min) ★★
2.10 FILM **The Virginian** Western. (1946, PG) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Rescue 999: Seconds to Save a Life**
10.00 NEW SERIES **Beacon 23** 1/8. Sci-fi thriller starring Lena Headey. **11.00** New episode 2/8. Wreckers force their way on board. (S1)
12.05 AM **Shooter** New episodes 6/13. Nadine gains entry into a security facility. **1.00** 7/13. Bob Lee and Isaac track down a former 'dark lord'. (S3)
1.55 **Trucking Hell**
3.45 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Bigger Build Ireland** Double bill.
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Bigger Build Ireland** Double bill.
8.00 **Inside the Ambulance** A 72-year-old woman has agonising chest pain.
9.00 **Pete Wicks: For Dogs' Sake** New edition Pete meets a puppy who needs urgent treatment for a badly broken leg.
■ Entire series on U
10.00 **999 Rescue Squad**
11.00 **Preaching Evil: A Wife on the Run with Warren Jeffs**
12.00 M'T **Stacey Dooley Sleeps Over**
1.00 **to 3.00** AM **Property Brothers: Forever Homes**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Classic Doctors**
9.15 **Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Bergerac**
4.10 **All Creatures Great and Small**
5.25 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Jonathan Creek** *The Coonskin Cap.*
9.20 **New Tricks** *Father's Pride:* A murder victim's camera is discovered in a Soho pub toilet. **10.40** *Big Topped:* Sandra discovers the team have kept information from her.
12.00 M'T **Bergerac**
1.10 AM **Mrs Sidhu Investigates**
2.55 **to 4.00** AM **Holby City**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes in the City** From Miami.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **A Place in the Sun**
1.00 PM **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
9.00 **Long Lost Family** Following the story of a man who feels ready to face his fears and find his birth mother
10.00 **Alex Polizzi: The Fixer** Alex helps a struggling family bakery in Padstow, Cornwall.
11.30 **Hotel Inspector: You're Fired** Alex Polizzi tackles two hotels at the same time.
12.30 AM **Ghost Bait**
1.00 **Help! My House Is Haunted** From Bristol.
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Through the Keyhole**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **Through the Keyhole**
7.00 **Tenable** Warwick Davis hosts as a family of five try to answer questions about top 10 lists.
8.00 **The Chase** Double bill of the general knowledge quiz show hosted by Bradley Walsh.
10.00 **Tenable** Quiz show.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** Quiz show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.00 AM **Wild West Chronicles** Western.
8.30 **Wanted: Dead or Alive**
9.00 **FILM Gung Ho!** Drama. (1943, b/w, PG) ★★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Two Rode Together** Western. (1961, PG, 109min) ★★★
3.20 **FILM Cripple Creek** Western. (1952, U) ★★
5.10 **FILM Kentucky Rifle** Western with Chill Wills. (1956, U, 84min) ★★
7.00 **The High Chaparral**
8.00 **The Avengers** (S5)
9.00 **FILM 10 Minutes Gone** Mystery with Bruce Willis. (2019, 15, 89min) ★
11.05 **FILM The Hatton Garden Job** Drama. (2017, 15, 93min) ★★★
1.05 AM **FILM Earthfall** Thriller. (2015, 12) ★★
3.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM **FILM Another Mother** (2020, PG) ★★
11.00 **FILM Run to Me** Thriller. (2016, PG, 100min) ★★
1.00 PM **FILM Living with the Enemy** Thriller. (2005, PG, 86min) ★★
2.55 **FILM Labour, Lies and Murder** (2022, U) ★★
5.00 **FILM Left for Dead** Thriller. (2014, PG) ★
7.05 **FILM Super Eruption** Action disaster movie. (2011, 15, 89min) ★★
9.00 **FILM The Operative** Espionage thriller. (2019, 15, 116min) ★★★
11.25 **FILM Vendetta** Thriller. (2013, 18, 106min) ★★
1.40 AM **FILM The Gourmet Detective: A Healthy Place to Die** Drama. (2015, PG, 85min) ★★
3.30 **Air Rescue**
4.00 **to 6.00** AM **FILM I Do, or Die – A Killer Arrangement** Thriller. (2020, 12, 90min) ★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM **FILM Love at the Shore** Romantic comedy. (2017, PG, 84min) ★★
10.05 **FILM Sailing into Love** Drama. (2019, PG) ★★
12.00 NOON **FILM Summer Love** Romantic drama. (2016, PG, 83min) ★★
2.00 PM **FILM Love at Sea** Drama. (2018, PG) ★★
3.55 **FILM Love Afloat** Drama. (2022, PG, 95min) ★★
6.00 **FILM Love Upstream** Romantic comedy. (2021, PG, 85min) ★★
8.00 **FILM Love Blossoms** Romantic drama. (2017, PG, 80min) ★★
10.00 **FILM When Love Blooms** Comedy. (2021, PG, 90min) ★★
12.00 M'T **FILM Lying to Be Perfect** Comedy. (2010, PG, 89min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM A Wish Come True** Drama. (2015, PG, 85min) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
9.00 **Blue Thunder**
10.00 **I Dream of Jeannie** (S1)
10.30 **Watching** 9/9. (S4)
11.00 **A Fine Romance** (S2)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **The Charmer**
1.00 PM **Sherlock Holmes**
2.00 **Shine on Harvey Moon**
3.00 **Arthur C Clarke**
4.00 **Bubblegum & Cheese**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 9/9. (S4)
6.00 **I Dream of Jeannie** (S1)
6.30 **Thriller** 6/10. (S1)
7.50 **Mysterious Tales**
8.00 **The Charmer** 3/6. (S1)
9.00 **Police Woman** (S1)
10.00 **Chelmsford 123** (S2)
10.30 **Drop the Dead Donkey**
11.00 **Whose Line Is It Anyway?** Comedy show.
11.30 **Thriller** 6/10. (S1)
12.50 AM **Shine on Harvey Moon** 3/6. (S1)
1.50 **Arthur C Clarke**
2.50 **Monkey** 6/26. (S1)
3.50 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Gem Hunters Down Under** Double bill.
5.00 **Kindig Customs**
7.00 **Deadliest Catch** The *Cornelia Marie* taps American satellites to spy on the Russians. **8.00** Johnathan goes under the knife at sea.
9.00 **The Snake Catcher** New editions Double bill.
11.00 **Aussie Gold Hunters** The Scrappers continue to struggle with broken machines.
12.00 M'T **Naked and Afraid** A pair of strangers face sharks and tarantulas.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Adam Richman Eats Football**
6.30 **Adam Richman Eats Britain** In Lancashire.
7.00 **The Pioneer Woman**
9.00 **The Hairy Bikers' Comfort Food**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin Digs Deep** Double bill.
3.00 **The Pioneer Woman**
5.00 **The Hairy Bikers' Comfort Food**
7.00 **Great British Bake Off**
9.00 **James Martin's Islands to Highlands** James is joined by Clare Smyth in the Lake District.
10.00 **James Martin Digs Deep** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 6/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 22/22. (S2)
11.00 **FILM Prince Valiant** Arthurian adventure. (1997, PG, 91min) ★★
1.00 PM **FILM Dragonquest** Fantasy adventure. (2009, 12, 90min) ★★
3.00 **FILM The Land That Time Forgot** Thriller. (2009, 12, 90min) ★★
5.00 **Star Trek** 5/30. (S1)
6.00 **T.J. Hooker** 1/22. (S3)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Thick As Thieves** Crime thriller starring Morgan Freeman. (2009, 15, 104min) ★★
11.05 **FILM Crank** Thriller with Jason Statham. (2006, 18, 88min) ★★★★
12.50 AM **FILM Who Dares Wins** Action thriller. (1982, 18, 124min) ★
3.15 **to 5.00** AM **FILM Prey** Horror. (2018, 15) ★★★

Legend Xtra

317 171 69 138

6.00 AM **FILM Meteor Apocalypse** As 5.00pm.
8.00 **FILM Shark Lake** Thriller. (2015, 15, 89min) ★★
10.00 **Farscape** 4/22. (S1)
11.00 **FILM The People That Time Forgot** Fantasy adventure sequel. (1977, U, 96min) ★★
1.00 PM **The Gambler V: Playing for Keeps**
3.00 **Farscape** 4/22. (S1)
4.00 **Star Trek** 13/30. (S1)
5.00 **FILM Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
7.00 **Farscape** 3/22. (S1)
8.00 **Star Trek** 14/30. (S1)
9.00 **FILM Eye for an Eye** Mystery thriller starring Morgan Freeman. (2019, 15, 98min) ★
10.55 **FILM Bloodline** Psychological thriller with Seann William Scott. (2018, 18, 97min) ★★
1.00 **to 3.00** AM **FILM Eye for an Eye** As 9.00pm.

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters: Pawn Shop Edition**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Corridors**
11.10 **Strange Evidence**
12.10 PM **Strangest Things**
1.05 **Legends of the Pharaohs** Akhenaton.
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Alien Corridors**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **A Cut Above**
10.00 **Blown Away**
11.00 **Court Cam** Double bill.
12.00 M'T **Swamp People: Serpent Invasion**
1.00 AM **Alien Corridors**
2.00 **Strange Evidence**
3.00 **Hardcore Pawn**
3.25 **The Liquidator**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **Entertainment News**
9.05 **The Hotel Inspector**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Ben Fogle: New Lives in the Wild** Double bill.
8.00 **Tony Robinson's History of Britain**
9.00 **Warship: Life in the Royal Navy** JJ is deep in the Devon woods with the latest troop of Royal Marines recruits.
10.00 **Inside the Tower of London** Chief Yeoman Warder Rob Fuller and Yeoman Gaoler Clive Towell get used to their new jobs.
11.00 **Prisoner: Cell Block H** New episodes (S4)
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **The Hotel Inspector**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country** From rural Somerset.
9.00 **Windy City Rehab: Alison's Dream Home** After ten months of building, Alison is close to having a place of her own in Chicago.
10.00 **100 Day Dream Home** New edition Brian and Mika Kleinschmidt help their friend complete a starter home renovation.
11.00 **Home Town**
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **My 600lb Life: Where Are They Now?**
10.00 **My Feet Are Killing Me** A patient has a bizarre and extremely rare crust on his feet.
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **My Feet Are Killing Me**
3.00 **Sex Sent Me to the ER**
4.00 **to 6.00** AM **My 600lb Life: Where Are They Now?**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** (S2)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 15&16/21. (S8)
1.00 PM **Friends** (S8&9)
9.00 **FILM Tenacious D in The Pick of Destiny** Musical comedy starring Jack Black and Kyle Gass. Hopeless wannabe rock stars JB and KG try to get their hands on a mystical guitar plectrum. (2006, 15, 94min) ★★
11.00 **Channel Hopping with Jon Richardson**
12.00 M'T **Jimmy Carr Live: Comedian** Stand-up.
1.00 AM **Mike Judge's Beavis and Butt-Head**
2.00 **Reno 911!** (S1&2)
3.00 **The Ricky Gervais Show**
3.25 **The Pep Talk**
3.30 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 15&16/22. (S5)
11.00 **Friends** (S9)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **New Girl** (S2)
5.00 **Becker** 15&16/22. (S5)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **Whose Line Is It Anyway? USA** With Gary Anthony Williams. **9.30** With Wayne Brady.
10.00 **Friends** 12-17/24. (S8)
1.00 AM **The Ren & Stimpy Show** Double bill. (S5)
2.00 **The Ricky Gervais Show**
3.00 **Guessable?**
3.45 **Andrew Maxwell: Yo Contraire** Stand-up.
4.30 **Jimmy Carr: Making People Laugh**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
9.00 **Celebrity Four Weddings** Reality series.
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **The Equalizer**
2.00 PM **The Real A&E**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Coroner** 12/12. (S4)
6.00 **New Amsterdam** (S5)
7.00 **MacGyver** 3&2/23. (S2)
9.00 **Freddie Down Under**
10.00 **For Life** *Closing Statement:* 12/13. Aaron finally gets his chance to fight for his retrial in court. (S1)
11.00 **The Equalizer** (S3)
1.00 AM **Road Wars**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** With Lorraine Kelly.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **Daria** 1/14. (S5)
6.20 **16 and Pregnant**
7.10 **Teen Mom: Young & Pregnant** Reality series.
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Teen Mom: The Next Chapter** Reality series.
8.00 **Help! I'm in a Secret Relationship!** King needs to know why Valerie is hiding him.
9.00 **Badass Brides** A bride sets her heart on a Christmas wedding.
10.00 **Geordie Shore** New edition Tensions rise between Kyle, James, Jay and Ricci.
11.00 **Ink Master**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Karrueche Tran get 'Ready for Road Rash.'
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Gold Rush** Parker banks gold from the Unforgiven cut. **4.00** Rick's landlord demands 50 ounces of gold.
5.00 **Deadliest Catch** On the *Cornelia Marie*, a deckhand narrowly escapes disaster.
6.00 **Wheeler Dealers** Refurbishing an Austin Allegro.

9.00 Gold Rush

7.00 **Salvage Hunters** On an expedition to a 750-year-old house, Drew discovers an item that takes him out of his comfort zone.
8.00 **Kindig Customs** The shop gets pushed to the limit on the rebuild of a 1935 Roadster V8.
9.00 **Gold Rush** New edition Brennan reaches breaking point and confronts one of Kevin's crew members about their performance.
10.00 **Gold Rush** New edition Determined to keep his hot streak, Tony tries to save a flipped truck and replace a downed bridge.
11.00 **Gold Divers** In the critical final days, Kris stays laser-focused on his mission.
12.00 M'T **Street Outlaws** The racers of the 405 unite for a grudge race night.
1.00 AM **Gold Rush** Double bill.
3.00 **Iron Resurrection**
4.00 **to 5.00** AM **Moonshiners**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Insane Pools: Off the Deep End** A luxurious space.
9.00 **Crikey! It's the Irwins**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Insane Pools: Off the Deep End** A relaxing space.
1.00 PM **How Do Animals Do That?** Double bill of editions.
2.00 **Swimming with Monsters with Steve Backshall**
3.00 **Rugged Justice**
4.00 **Dr Jeff: Rocky Mountain Vet**
6.00 **Insane Pools: Off the Deep End** Lucas builds eco-friendly pools at a bird sanctuary.

8.00 The Aquarium

7.00 **Crikey! It's the Irwins** Bindi and the family plan an emotional surprise for Terri in the Crocoseum.
8.00 **The Aquarium** The African penguin colony welcome their newest additions after a successful mating season.
9.00 **The Aquarium** The team are eager to open a new exhibit, and divers must swim with a whale shark to get a blood sample.
10.00 **Alaska: The Last Frontier** Resupplying the head of the bay proves a difficult task for Elvin and August.
11.00 **Expedition Bigfoot** Russell investigates a possible Bigfoot underwater passageway. **12.00** M'T The team believe they have finally found Bigfoot.
1.00 AM **Alaska: The Last Frontier**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **Lost Treasures of the Bible**
11.00 **Hitler's Last Stand**
12.00 NOON **Car S.O.S**
1.00 PM **Colossal Machines**
2.00 **Air Crash Investigation**
3.00 **Drain the Oceans: Secrets of the Spanish Armada**
4.00 **Disaster Autopsy**
5.00 **Car S.O.S** A 1970s supercar.
6.00 **Air Crash Investigation** A terror attack is suspected when a plane explodes after taking off from New York.

10.00 Erased: WWII Heroes of...

7.00 **Air Crash Investigation** The disappearance of a turboprop commuter plane approaching an airport in Indonesia.
8.00 **WW2: Hell Under the Sea** In 1945, an American submarine commander receives an order to hunt Japanese submarines.
9.00 **Hitler's Last Stand** It falls to a group of American soldiers armed with plastic explosives to capture Fort Koenigsmacker.
10.00 **Erased: WWII Heroes of Colour** Documentary focusing on stories of people of colour who fought on D-Day.
11.00 **Air Crash Investigation** A look into a 1972 crash in Miami.
12.00 M'T **No Man Left Behind**
1.00 AM **Atlas of Cursed Places**
2.00 **Money Meltdown**
2.30 **Bid & Destroy**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **The Great British Dig: History in Your Back Garden**
7.45 **Dirty Old Cars**
8.45 **Forged in Fire**
9.35 **Storage Wars**
12.00 NOON **World's Greatest Treasure Mysteries**
1.00 PM **Flipping Bangers**
2.00 **WWII Battles in Colour**
4.00 **Pawn Stars** Four editions of the series, including at: **5.30** A 1930s Gottlieb grip tester arrives in the shop.
6.00 **American Pickers**

11.05 The Proof Is Out There

7.00 **Forged in Fire** The defending bladesmith looks to retain his title in an epic kopis battle.
8.00 **The Great British Dig: History in Your Back Garden** Excavating a Viking burial ground in Masham, North Yorkshire.
9.00 **The Lost Women Spies** New edition The story of World War Two spymistress Vera Atkins. ■ Entire series on Box Sets
10.05 **Prison Chronicles** New editions The Hanoi Hilton in Vietnam. **10.35** The Sing Sing Correctional Facility.
11.05 **The Proof Is Out There: Alien Edition** New edition Experts investigate UFO hotspots around the globe.
12.05 AM **Pawn Stars** Triple bill.
2.00 **The Curse of Oak Island**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **The Buildings That Fought Hitler** Chatham Docks.
11.00 **World War Weird**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **The Buildings That Fought Hitler** Operation Overlord.
5.00 **World War Weird**
6.00 **Antiques Roadshow** Fiona Bruce presents the show from Senate House in Bloomsbury.

5.00 World War Weird

7.00 **Canal Boat Diaries** Robbie Cumming journeys through Royal Leamington Spa and the historic town of Warwick.
8.00 **Speed with Guy Martin** The racer heads to Colorado where he hopes to win the Pikes Peak International Hill Climb.
9.00 **Bangers & Cash** Paul helps a collector who is saying goodbye to his Excelsior Consort and his Yorkshire Coble boat.
10.00 **Bangers & Cash** There's Hollywood glamour in the air as Derek picks up a Rolls-Royce that once belonged to Fred Astaire.
11.00 **Abandoned Engineering** A creepy collection of buildings and monuments hidden in a Parisian park.
12.00 M'T **Great American Railroad Journeys** Michael Portillo reaches Colorado.
1.00 **to 3.00** AM **Secrets of the London Underground**

+1hour 255 329

Tuesday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Salvage Hunters**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Wheeler Dealers** Mike thinks there is money to be made on a soft-top Saab 900.
9.00 **Richard Hammond's Workshop** New edition Disagreements in the workshop almost lead to the loss of a job.
10.00 **The Repair Shop** Items include a special sporran and an ingenious artist's tool.
11.00 **Wheeler Dealers** Mike and Elvis take a gamble.
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Triple bill.
11.00 **Say Yes to the Dress: UK** Double bill.
12.00 NOON **Murder Comes to Town** Documentary.
1.00 PM **Evil Lives Here**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** True-crime.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Faking It: Tears of a Crime** Helen Bailey.
8.00 **Murder on CCTV**
10.00 **Body Cam** New edition An SUV causes a devastating explosion.
11.00 **The Murder Tapes**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Zilpha Lowery.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** An accounts worker at a cancer hospital syphons a large amount of NHS money.
8.00 **Inside Crime** The case of Glenys Heyward.
9.00 **Forensic Factor** New edition A detailed look at the investigation into a high-profile crime.
10.00 **Murder UK** New edition The case of Hollie Gazzard, who was tragically killed by her ex, leaving her family and community devastated.
11.00 **Evidence of Evil** The Pittsburgh police and the FBI race against time to find a missing girl.
12.00 M'T **It Takes a Killer**
1.00 AM **Forensic Factor**
2.00 **Murder UK**
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Bloodline Detectives** Double bill.
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives** Double bill.
4.00 **Medical Detectives** How the owner of a severed leg is identified using forensic science. **4.30** Investigating the murderers who burned their victim's body to cover their crime. **5.00** The investigation into sexual assaults on four Indiana women. **5.30** A couple who were murdered during a suspected drug deal. **6.00** A man suspected of poisoning his girlfriend. **6.30** A Sunday school teacher who doubled as a serial killer.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Motorbike Cops**
7.00 **Road Wars**
8.00 **Stop, Search, Seize**
9.00 **Nothing to Declare**
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **Killer Siblings**
1.00 PM **Killer in My Village**
2.00 **An Unexpected Killer**
3.00 **Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer Siblings**
7.00 **Most Evil Killers**
9.00 **World's Most Evil Killers** New edition
10.00 **Face to Face**
11.10 **How I Caught the Killer**
12.05 AM **Most Evil Killers**
1.00 **Murders That Shocked the Nation**
2.00 **The Real Manhunter** New edition
3.00 **Britcam: Emergency on Our Streets**
4.00 **Brit Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Rise of the Clans**
9.30 **Immortal Egypt with Joann Fletcher**
10.50 **Verdun: The Battle of the Great War**
11.50 **The Hidden Side of World War II**
1.00 PM **Rise of the Clans**
2.15 **Immortal Egypt with Joann Fletcher**
3.35 **Verdun: The Battle of the Great War**
4.40 **The Hidden Side of World War II**
5.50 **Rise of the Clans**
7.10 **Immortal Egypt with Joann Fletcher**
8.30 **Verdun: The Battle of the Great War**
9.35 **The Hidden Side of World War II** The politics between De Gaulle and the Allies.
10.45 **Immortal Egypt with Joann Fletcher**
12.00 M'T **Verdun: The Battle of the Great War**
1.10 **to 2.00** AM **America the Bountiful**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Mission to Burnley**
7.00 **Discovering: Christopher Plummer** A profile of the actor.
8.00 **The Directors**
9.00 **The Seventies**
10.00 **Kingdom of Dreams**
10.55 **Burden of Proof: Who Killed Jennifer Pandos?**
12.00 NOON **Dave Not Coming Back**
2.00 PM **GoldenEra** Documentary.
4.00 **The Directors**
5.00 **Discovering: Christopher Plummer** A profile of the actor.
6.00 **The Seventies**
7.00 **Kingdom of Dreams**
7.55 **Burden of Proof: Who Killed Jennifer Pandos?** 2/4. Margie is offered a deal for testimony against Ron.
9.00 **Music Box** A look back at the story of Woodstock 1999.
11.00 **Dart Kings** 3/3. Documentary.
12.00 M'T **Terry Venables: A Man Can Dream** Documentary.
2.00 AM **NEW King of the Apocalypse** Documentary.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Christopher Plummer**

Sky Nature

124/125 822 189 354 369

6.00 AM **Battle of the Alphas**
7.00 **Monkey Life**
8.00 **Great Blue Wild**
9.00 **Living Beach**
10.00 **The Wadden Sea**
11.00 **Orangutan Jungle School**
12.00 NOON **Surviving the Amazon**
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Living Beach**
4.00 **The Wadden Sea**
5.00 **Gangs of Baboon Falls**
6.00 **Surviving the Amazon**
7.00 **Monkey Life** Double bill.
8.00 **Secret World of Sound with David Attenborough** Mating calls and warning signals.
9.00 **Airborne** Examining different navigation methods.
10.00 **Surviving the Amazon**
11.00 **Gangs of Baboon Falls**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Reef Wrecks**
2.00 **Secret World of Sound with David Attenborough**
3.00 **Airborne** As 9.00pm.
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Living Beach**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Trains**
9.00 **The Abyss: Rise & Fall of...**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Britain's Most Historic Towns** Wartime Dover.
2.00 **Secrets of Great British Castles**
3.00 **The Abyss: Rise & Fall of the Nazis** Hitler's invasion of the Soviet Union in June 1941.
4.00 **Combat Ships**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Craig Charles: UFO Conspiracies** A perplexing UFO encounter in west Ireland.
8.00 **History's Crazy Rich Ancients**
9.00 **Spycraft**
10.00 **The Witches of Salem**
11.00 **Secrets in the Sand**
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Most Historic Towns** Edwardian Cardiff.
3.00 **Secrets of Great British Castles**
4.00 **Weird or What? With William Shatner** Ghostly encounters.
5.00 **to 6.00** AM **Craig Charles: UFO Conspiracies**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Murdertown**
10.00 **Accident, Suicide or Murder?**
11.00 **Imperfect Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **Real Murders of Atlanta**
2.00 **City Confidential**
3.00 **Killer Britain with Dermot Murnaghan** Stephen Port.
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **Homicide: Hours to Kill**
7.00 **The First 48**
8.00 **Accident, Suicide or Murder?** New edition Documentary.
9.00 **Missing Presumed Dead** New edition Documentary.
10.00 **Tell Me How I Died**
11.00 **Homicide Hunter**
12.00 M'T **Buried in the Backyard**
1.00 AM **Missing Presumed Dead**
2.00 **Tell Me How I Died**
3.00 **City Confidential**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Shark Men**
10.00 **Africa's Lost Eden**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Soul of the Ocean**
3.00 **Australia's Land of the Ancients** Documentary.
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Yukon Vet** Dr Oakley awaits the birth of a litter of puppies.
8.00 **Heartland Docs** Series finale The vets treat a lizard, a sick calf and a dog with a tumour.
9.00 **OceanXplorers** Double bill.
10.30 **Untamed Costa Rica** Filipe DeAndrade travels to remote regions of Costa Rica.
11.00 **Snakes in the City**
12.00 M'T **Last of the Giants: Wild Fish** Documentary.
1.00 AM **World's Deadliest**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **One Giant Leap: A Neil Armstrong Tribute**
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Alien Highway**
8.00 **One Giant Leap: A Neil Armstrong Tribute** A look at the impact made on the world by the astronaut and his legacy to space exploration.
9.00 **Combat Dealers** Bruce finds a mysterious soldier's medal from the Battle of the Somme.
10.00 **Shed and Buried**
11.00 **World's Greatest Motorcycle Rides** 1/2. New Zealand.
12.00 M'T **Cooper's Treasure**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance**
5.00 **The Bill** Double bill.
7.00 **Pointless** Double bill of the general knowledge quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Cutting It** 3/6. Allie's illness puts a strain on her relationship, leading Gavin to seek solace with old flame Melissa. However, she has to face up to some difficult truths – and receives help from an unexpected quarter. (S4)
10.20 **The Bill** *This Little Pig:* 6/12. Edwards corners a pig that was released from the City Farm. **11.20** *Ringer:* 7/12. A serious road crash results in six deaths. Meanwhile, Frank Burnside goes under cover. (S2)
12.20 AM **Pointless** Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
2.15 **Cutting It** As 9.00pm.
3.20 **to 6.00** AM **Inside the Ambulance**

+1 hour 266 376

ID

154 166

8.00 AM **Twisted Sisters**
9.00 **Murder Decoded**
11.00 **Welcome to Killer Town**
1.00 PM **Swamp Murders**
3.00 **Deadline: Crime with Tamron Hall** Double bill of editions.
5.00 **The Perfect Murder**
7.00 **Disappeared** The case of Allison Foy, who went missing in 2006 after drinks with friends at a bar in North Carolina. Her body was found two years later, before the case went cold. **8.00** The case of Patricia Viola, who vanished in 2001. A bone fragment was later found locally, but it would be several years until DNA techniques confirmed its identity.
9.00 **Evil Lives Here** Jason Worley tries to escape from his manipulative partner Brandi. **10.00** The story of perceived prankster Richard White.
11.00 **Relatively Evil**
12.00 M'T **Shadow of Doubt**
2.00 AM **The Perfect Murder**
4.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Kindig Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's Workshop** The team try to win one of their biggest ever restorations, a rare Porsche 356.
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Big**
8.00 **Roadworthy Rescues**
9.00 **Kindig Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

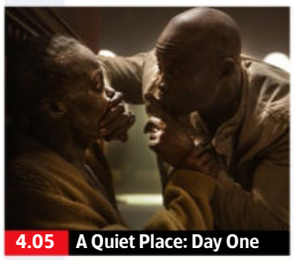
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

7.00 AM **Kung Fu Panda 4** Animated comedy sequel. (2023, PG, 94min) ★★★
8.35 **Parachute** As 2.00am.
10.25 **Bad Boys: Ride or Die** As 12.00pm.
12.25 PM **Kill** As 10.00pm.
2.05 **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★
4.05 **A Quiet Place: Day One** Horror thriller prequel. (2024, 15, 100min) ★★★★
5.50 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★



4.05 A Quiet Place: Day One

8.00 Bad Boys: Ride or Die Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Kill Thriller starring Daniel Portman. Three brothers return to the remote woodland where they killed their abusive father, only to discover his grave is now empty. (2023, 15, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Twilight of the Warriors: Walled In** Hong Kong martial arts action thriller. Subtitled. (2024, 15, 126min) ★★★
2.00 AM **Parachute** Comedy drama. (2023, 15, 108min) ★★★★
3.50 **to 6.00** AM **The Convert** Action drama with Guy Pearce. (2024, 15, 119min) ★★★★

Sky Cinema Hits

303 403 503 517

6.00 AM **The Cinema List: Musicals**
6.15 **The Mummy: Tomb of the Dragon Emperor** As 12.25am.
8.15 **The Scorpion King** As 2.25am.
10.00 **Anon** Thriller. (2018, 15) ★★★
11.55 **Dune: Part Two** Sci-fi drama. (2024, 12, 166min) ★★★★★
2.45 PM **Mission: Impossible – Dead Reckoning Part One** Thriller. (2023, 12) ★★★★
5.40 **Shazam! Fury of the Gods** Superhero adventure sequel. (2023, 12, 130min) ★★★

8.00 The Mummy

8.00 The Mummy Action adventure starring Brendan Fraser and Rachel Weisz. In 1920s Egypt, a dashing American, an English librarian and her wastrel brother unwittingly revive an evil high priest. With John Hannah. (1999, 15, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 The Mummy Returns Adventure sequel starring Brendan Fraser. A dashing ex-legionnaire and his Egyptologist wife confront old and new adversaries. (2001, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **The Mummy: Tomb of the Dragon Emperor** Adventure. (2008, 12, 112min) ★★★
2.25 **The Scorpion King** Fantasy. (2002, 12, 91min) ★★★
4.05 **Sky Cinema Preview**
5.05 **to 7.20** AM **Transformers: Rise of the Beasts** Fantasy. (2022, 12, 127min) ★★★

Sky Cinema Drama

310 410 510 524

7.10 AM **Aporia** As 12.00m't.
9.00 **The Country Girl** As 1.45am.
10.50 **Stalag 17** Billy Wilder's World War Two comedy drama. (1953, b/w, PG, 120min) ★★★★★
12.55 PM **Rurangi** Drama starring Elz Carrad. (2020, 15, 87min) ★★★★
2.30 **Allelujah** Comedy drama. (2022, 12, 99min) ★★★
4.15 **All That Jazz** Musical fantasy. (1979, 15, 123min) ★★★

6.20 **Miss Potter** Biopic starring Renée Zellweger as children's author Beatrix Potter. (2006, PG, 93min) ★★★
8.00 **Ghost** Romantic fantasy thriller starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. With Whoopi Goldberg. (1990, 12, 127min) ★★★★
10.10 **Field of Dreams** Fantasy with Kevin Costner and Amy Madigan. (1989, PG, 106min) ★★★★★

12.00 M'T **Aporia** Sci-fi drama. (2023, 15, 104min) ★★★★
1.45 AM **The Country Girl** Drama. (1954, b/w, PG, 104min) ★★★
3.30 **The Survivor** Fact-based drama. (2021, 15, 129min) ★★★★
5.40 **to 7.40** AM **Carmen** Musical. (2022, 15, 116min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.25 AM **If You Were the Last**
9.10 **Edge of Tomorrow** Adventure. (2014, 12, 113min) ★★★★
11.15 **World War Z** Action thriller. (2013, 15, 116min) ★★★★
1.30 PM **Rampage** Fantasy. (2018, 12, 107min) ★★★
3.30 **Insidious: The Red Door** Horror. (2023, 15, 107min) ★★
5.30 **The Lawnmower Man** Sci-fi thriller. (1992, 15, 105min) ★★★

8.00 **War of the Worlds** Steven Spielberg's sci-fi thriller based on HG Wells' novel, starring Tom Cruise. When an extraterrestrial army launch a devastating attack on Earth, a divorced dockworker strives to protect his teenage son and 10-year-old daughter. (2005, 12, 116min) ★★★★
10.10 **The Nun** Horror starring Taissa Farmiga and Demián Bichir. (2018, 15, 96min) ★★★
11.55 **Little Bone Lodge** Horror. (2023, 15, 93min) ★★★

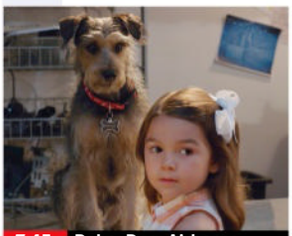
1.45 AM **If You Were the Last** Sci-fi romantic comedy starring Zoë Chao. (2023, 15, 92min) ★★★★
3.25 **The Purge: Election Year** Horror sequel starring Frank Grillo. (2016, 15, 108min) ★★★
5.25 **to 7.30** AM **Dorian Gray** Gothic horror. (2009, 15, 112min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.20 AM **The Little Rascals** (1994)
8.55 **Beethoven** As 10.50pm.
10.30 **The Secret Kingdom** (2023)
12.10 PM **Johnny English** Comedy. (2002, PG, 88min) ★★★
1.45 **Dungeons & Dragons: Honour Among Thieves** Adventure starring Chris Pine. (2023, 12, 134min) ★★★★
4.00 **The Smurfs** Family adventure. (2011, U, 103min) ★★
5.50 **The Smurfs 2** Adventure sequel. (2013, U, 104min) ★★


7.45 Robo-Dog: Airborne

7.45 **Robo-Dog: Airborne** Family adventure sequel starring Michael Campion and Patrick Muldoon. (2017, U, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **Hot Dog Derby** Family comedy starring Jason London. A family enter their adopted dachshund into the nation's greatest sausage dog race. (2013, U, 82min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Beethoven** Family comedy starring Charles Grodin and Bonnie Hunt. (1992, U, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Little Rascals** Family comedy starring Travis Tedford. (1994, U, 83min) ★★
2.05 **Robo-Dog: Airborne** (2017)
3.45 **Hot Dog Derby** As 9.20pm.
5.15 **to 7.00** AM **The Secret Kingdom** Fantasy adventure. (2023, PG, 98min) ★

Sky Cinema Stunts

307 407 507 521

6.25 AM **Dragon Lord** As 11.40am.
8.10 **Seeking Justice** As 12.55am.
10.05 **Assassin** As 2.50am.
11.40 **Dragon Lord** Comedy thriller. (1982, 15, 102min) ★★★★
1.30 PM **The Legend of Zorro** Swashbuckling adventure sequel with Antonio Banderas. (2005, PG, 130min) ★★★
3.40 **Superman** Sci-fi adventure. (1978, PG, 143min) ★★★★
6.05 **Baby Driver** Action thriller. (2017, 15, 113min) ★★★★

10.30 Hulk

8.00 **Wonder Woman** Fantasy adventure starring Gal Gadot. An Amazon princess leaves her isolated island during World War One, aiming to bring the conflict to an end. With Chris Pine, David Thewlis, Connie Nielsen and Robin Wright. (2017, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Hulk** Sci-fi fantasy starring Eric Bana. A scientist survives exposure to deadly gamma rays, but when he becomes angry he is transformed into a huge, rampaging creature. (2003, 12, 138min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **Seeking Justice** Thriller. (2011, 15, 104min) ★★
2.50 **Assassin** Action thriller. (2023, 15, 88min) ★★★
4.30 **to 6.25** AM **No Escape** Thriller. (2014, 15, 101min) ★★★

Sky Cinema Comedy

308 408 508 522

7.10 AM **Bye Bye Birdie** As 4.25pm.
9.10 **The Cable Guy** As 12.05am.
10.55 **The American Society of Magical Negroes** Fantasy. (2024, 12, 104min) ★★★★
12.50 PM **The Nutty Professor** Comedy. (1996, 12) ★★★
2.35 **Nutty Professor II: The Klumps** (2000, 12) ★★★
4.25 **Bye Bye Birdie** Musical. (1963, PG, 112min) ★★★
6.20 **Along Came Polly** Comedy. (2003, 12, 90min) ★★★

6.20 Along Came Polly

8.00 **Crazy Rich Asians** Romantic comedy starring Constance Wu and Henry Golding. A professor heads to Singapore with her boyfriend, and is surprised to learn he is from an extremely wealthy family. (2018, 12, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Seriously Red** Romantic comedy with Krew Boylan. A failed real estate agent attempts to become the world's greatest Dolly Parton impersonator. (2022, 15, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Cable Guy** Comedy. (1996, 12, 96min) ★★★★
1.50 **Earth Girls Are Easy** Musical. (1988, PG, 100min) ★★★
3.40 **Dear Elizabeth** Comedy. (2020, 12, 98min) ★★★
5.20 **to 7.10** AM **Long Story Short** Romantic fantasy comedy. (2021, 15, 90min) ★★★

Sky Cinema Crime

309 409 509 523

6.40 AM **The Cinema List: Thrillers**
6.55 **The Way of the Dragon** Adventure. (1972, 18) ★★★
8.50 **Escape from Alcatraz** Drama. (1979, 15, 112min) ★★★★
10.55 **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
1.30 PM **...And Justice for All**
3.40 **Bad Boys II** Action comedy sequel starring Will Smith. (2003, 15, 147min) ★★★
6.15 **Swordfish** Action thriller. (2001, 15, 99min) ★★★

8.00 Captain Phillips

8.00 **Captain Phillips** Fact-based thriller starring Tom Hanks and Barkhad Abdi. Four Somali pirates hijack a US container ship, putting its veteran captain through a terrifying ordeal. (2013, 12, 129min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Zero Dark Thirty** Kathryn Bigelow's fact-based drama about the quest to track down Osama bin Laden, starring Jessica Chastain and Jason Clarke. (2012, 15, 157min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **Bad Boys** Action comedy thriller with Martin Lawrence. (1995, 15, 118min) ★★★
3.00 **...And Justice for All** Satirical black comedy with Al Pacino. (1979, 15, 119min) ★★★
5.00 **to 6.40** AM **Poker Face** Thriller. (2022, 15, 120min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Devil at 4 O'Clock** Adventure starring Spencer Tracy. (1961, PG, 126min) ★★
1.35 PM **A Town Like Alice** Vintage World War Two drama. (1956, b/w, PG, 111min) ★★★★
3.55 **The Enemy Below** Adventure. (1957, PG, 98min) ★★★★
6.00 **Le Mans '66** Fact-based drama starring Matt Damon, Christian Bale and Jon Bernthal. (2019, 12, 152min) ★★★★

6.00 Le Mans '66

Le Mans '66 (film started at 6.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Tombstone** Western starring Kurt Russell and Val Kilmer. Gunslinger Wyatt Earp abandons his plans to hang up his guns when he runs into a marauding outlaw and his gang. With Sam Elliott and Bill Paxton. (1993, 15, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.40 **Lola** Sci-fi drama starring Emma Appleton and Stefanie Martini. In 1940, two friends build a machine that can intercept radio and television broadcasts from the future. (2022, 15, 79min) ★★★★
1.20 **to 3.10** AM **Zola** Crime comedy drama with Taylour Paige and Riley Keough. (2020, 18, 86min) ★★★★

11 PM

+1hour 314 430 47 301

Sky Cinema Feel Good

302 402 502 516

7.00 AM **Please Don't Destroy: The Treasure of Foggy Mountain**
8.40 **Broker** South Korean crime comedy drama. Subtitled. (2022, 12, 129min) ★★★★
11.00 **Batteries Not Included** Fantasy. (1987, PG, 105min) ★★★★
12.50 PM **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
2.35 **The Wizard of Oz** Fantasy. (1939, U, 98min) ★★★★★

4.20 **Patch Adams** Fact-based comedy drama starring Robin Williams. (1998, 12, 115min) ★★
6.20 **Daddy Day Care** Comedy with Eddie Murphy and Jeff Garlin. (2003, PG, 92min) ★★★
8.00 **Step Brothers** Comedy starring Will Ferrell and John C Reilly. (2008, 15, 98min) ★★★★
9.50 **The Last Rifleman** Drama starring Pierce Brosnan. (2022, 15, 115min) ★★★
11.45 **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★

2.00 AM **What If** Romantic drama. (2013, 15, 98min) ★★★★
3.45 **Please Don't Destroy: The Treasure of Foggy Mountain** Comedy. (2023, 15, 93min) ★★★
5.20 **to 7.05** AM **Blithe Spirit** Comedy starring Isla Fisher. (2020, 12, 95min) ★★★

Sky Cinema Greats

304 404 504 518

6.00 AM **The Man Who Knew Too Much** As shown at 1.55pm.
8.05 **Gorillas in the Mist** As 12.50am.
10.20 **Tommy** Ken Russell's screen version of The Who's rock opera. (1975, 15, 111min) ★★★
12.15 PM **Nineteen Nineteen** Period drama. (1984, 15, 99min) ★★★
1.55 **The Man Who Knew Too Much** Classic Hitchcock thriller. (1956, PG, 120min) ★★★★

4.00 **Field of Dreams** As 3.00am.
5.50 **Philadelphia** Oscar-winning drama starring Tom Hanks. (1993, 12, 122min) ★★★★
8.00 **Forrest Gump** Whimsical fable starring Tom Hanks as an Alabama-born man who leads a charmed existence over four turbulent decades of US history. (1994, 12, 136min) ★★★★
10.25 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★

12.50 AM **Gorillas in the Mist** Fact-based drama with Sigourney Weaver and Bryan Brown. (1988, 12, 124min) ★★★★
3.00 **Field of Dreams** Fantasy drama starring Kevin Costner. (1989, PG, 106min) ★★★★★
5.00 **to 6.55** AM **Nineteen Nineteen**

Sky Cinema Animation

305 412 500 514

7.05 AM **The Prince of Egypt** Animated biblical drama. (1998, U, 99min) ★★★★
8.55 **PAW Patrol: The Mighty Movie**
10.35 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
12.20 PM **Monster Family** As 10.40pm.
2.05 **Monster Family 2** Animated comedy sequel with the voice of Jason Isaacs. (2021, U, 90min) ★

4.00 **Ruby Gillman, Teenage Kraken** Animated fantasy. (2023, PG, 93min) ★★★
5.40 **PAW Patrol: The Mighty Movie** Animated family adventure featuring the voice of Mckenna Grace. (2023, U, 92min) ★★★
7.15 **Surf's Up** Animated comedy with the voice of Shia LaBeouf. (2007, PG, 85min) ★★★★
8.50 **The Lego Ninjago Movie** Animated family adventure featuring the voice of Jackie Chan. (2017, U, 101min) ★★

10.40 **Monster Family** Animated comedy. (2017, PG, 96min) ★★
12.20 AM **Ruby Gillman, Teenage Kraken** As shown at 4.00pm.
2.00 **Monster Family 2** As 2.05pm.
3.55 **Surf's Up** As shown at 7.15pm.
5.30 **to 7.20** AM **The Lego Ninjago Movie** As shown at 8.50pm.

Movies 24

312 419

7.00 AM **The Presence of Love** Drama. (2022, PG, 84min) ★★
9.00 **Planning for Joy** Romantic comedy. (2022, PG, 86min) ★★
11.00 **Campfire Romance** Romantic comedy. (2022, PG, 90min) ★★
1.00 PM **The Story of Love** Romantic comedy drama. (2022, PG, 91min) ★★
3.00 **Heart of the Matter** Drama. (2022, PG, 85min) ★★

5.00 **The Attraction Test** Romantic comedy. (2022, PG, 85min) ★★
7.00 **Planning on Forever** Romantic comedy starring Emily Tennant. (2022, PG, 89min) ★★
9.00 **Spring Breakthrough** Romantic drama starring Keesha Sharp and Demetrius Grosse. A single mother left reeling by her daughter's surprise engagement finds love herself during a holiday. (2023, PG, 90min) ★★
11.00 **A Vineyard Romance** Romantic drama. (2021, PG, 86min) ★★

1.00 AM **A Royal Runaway Romance** Romantic comedy. (2022, PG, 84min) ★★
3.00 **to 5.00** AM **Wish Upon a Wedding** Romantic drama. (2023, PG, 85min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **What's On TPTV with Noel**
6.10 **Southern Roses** Musical. (1936, b/w, U, 80min) ★★
7.40 **Beyond the Curtain** Thriller. (1960, b/w, U, 88min) ★★
9.25 **Women without Men** Prison drama starring Beverly Michaels. (1956, b/w, PG, 80min) ★★
10.55 **The Large Rope** Crime thriller. (1953, b/w, PG, 72min) ★★★
12.20 PM **The Strand**

12.25 **My Brother Jonathan** Drama. (1947, b/w, PG, 107min) ★★★
2.30 **The Happiness of Three Women** Comedy. (1954, b/w, U) ★★★
4.05 **A Good Read with Mike Read**
4.45 **Secret Army** 2/8. (S1)
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Colonel March of Scotland Yard**
7.05 **Batman**
7.35 **Beau Geste**
8.05 **Rumpole of the Bailey**
9.10 **The Silent Partner** Suspense thriller starring Elliott Gould. (1978, 15, 105min) ★★★

11.25 **The Legend of the 7 Golden Vampires** Horror. (1974, 15) ★★
1.15 AM **Candyman 2: Farewell to the Flesh** Horror. (1995, 18) ★
3.15 **Champagne for Caesar** Comedy. (1950, b/w, PG, 95min) ★★★
5.20 **Look at Life**
5.30 **to 6.00** AM **Beverly Hillbillies**

Tuesday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.00 **My Icon** Michael Campbell.
8.10 LIVE **Big Bash League** Coverage of the qualifier match, which sees the first and second-placed teams compete for a place in the final on 27 January.
11.30 **The Football Show**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
3.00 LIVE **SA20 Durban's Super Giants v MI Cape Town.** Coverage of the match from Hollywoodbets Kingsmead.
7.30 LIVE **EFL Millwall v Cardiff City.** The Championship match from The Den. Kick-off **8.00pm**.
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
12.00 M'T LIVE **TGL New York Golf Club v Atlanta Drive Golf Club.** Coverage of the third match in the team competition in Florida.
2.00 AM **My Icon** Heather Watson.
2.15 LIVE **ICC U19 Women's World T20 England v USA.** Coverage of the Group B match from Johor Cricket Academy Oval.
5.30 to 6.00 AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
8.30 **SNF** Arsenal v Aston Villa.
9.00 **Premier League Highlights**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** With Robbie Fowler. **12.30** PM With Robert Pires.
1.00 **Premier League Highlights** Manchester United v Brighton. **1.30** Highlights from Nottingham Forest v Southampton. **2.00** Everton v Tottenham. **2.30** Ipswich Town v Man City.
3.00 **Premier League Highlights** Leicester City v Fulham. **3.30** Highlights from West Ham United v Crystal Palace. **4.00** Brentford v Liverpool.
4.30 **SNF** Arsenal v Aston Villa.
5.00 **The Transfer Show**
5.30 **Netbusters** Recent action.
6.00 **Premier League Review**
7.00 **Gillette Labs Soccer Special**
10.15 **Netbusters** Recent action.
10.45 **Sticker Book: Bruno Fernandes**
11.00 **Premier League Years**
1.00 AM **PL Retro** From 2002.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 to 6.00 AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **EFL Rivalries**
9.00 **EFL Greatest Games**
10.00 **EFL Cup** The 2016 final.
11.00 **EFL** Bristol City v Hull City.
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Highlights Show**
1.30 **EFL Highlights**
2.00 **WSL** Recent highlights.
3.00 **EFL Highlights**
4.30 **Bundesliga Highlights Show**
5.30 **EFL Highlights**
6.00 **WSL** Action from Manchester City v Manchester United. **6.30** Liverpool v Brighton.
7.00 **EFL Highlights**
7.30 LIVE **EFL Millwall v Cardiff City.** The Championship match from the Den. Cardiff claimed a 1-0 win in October's reverse fixture thanks to Perry Ng's 39th-minute strike, but they are involved in a relegation battle and Millwall will be hopeful of revenge on home territory. Kick-off is at **8.00pm**.
10.30 **WSL** Recent highlights.
11.30 **EFL Greatest Games**
12.00 M'T **EFL** The 2018/19 play-offs.
3.00 AM **EFL Greatest Games**
4.00 to 6.00 AM **Championship Retro**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Women's ICC World T20**
6.30 **Women's World T20 Classics**
7.00 **Best of Jimmy Anderson**
7.10 **Big Bash League**
8.10 LIVE **Big Bash League** Coverage of the qualifier match, which sees the first and second-placed teams compete for a place in the final on 27 January.
11.30 **ICC Women's World Cup 2017**
12.00 NOON **Big Bash League**
1.00 PM **Women's ICC World T20**
2.00 **Big Bash League**
3.00 LIVE **SA20 Durban's Super Giants v MI Cape Town.** Coverage of the match from Hollywoodbets Kingsmead.
7.30 **Women's ICC World T20**
8.00 **Big Bash League**
9.00 **SA20** Recent highlights.
11.00 **Big Bash League**
12.00 M'T **Women's ICC World T20**
1.30 AM **Women's World Cup 2017**
1.45 **Women's ICC World T20**
2.15 LIVE **ICC U19 Women's World T20 England v USA.** Coverage of the Group B match from Johor Cricket Academy Oval.
5.30 **Jimmy Anderson's Greatest Spells** Archive highlights.
5.45 to 6.00 AM **Blue for Bob**

Sky Sports Golf

405 515 505 423 443

6.00 AM **Playing Lessons**
7.00 **Golf Academy** Expert tips.
8.00 **Nick Dougherty's Tee Time Tips**
8.30 **DP World Tour Golf**
9.00 **PGA Tour Golf** American Express.
10.00 **TGL** Los Angeles v Jupiter Links.
12.00 NOON **Nick Dougherty's Tee Time Tips** From Wentworth Club.
12.30 PM **DP World Tour Golf**
1.00 **PGA Tour Golf** American Express.
2.00 **Playing Lessons**
3.00 **TGL** Los Angeles v Jupiter Links.
5.00 **Nick Dougherty's Tee Time Tips**
5.30 **DP World Tour Golf**
6.00 **Uncommon: Building a Boston Sports Team**
6.30 **Ryder Cup Memories**
7.00 **PGA Tour Golf** American Express.
8.00 **DP World Tour Golf**
8.30 **Uncommon: Building a Boston Sports Team**
9.00 **PGA Tour Golf** American Express.
10.00 **Uncommon: Building a Boston Sports Team**
10.30 **DP World Tour Golf**
11.00 **PGA Tour Golf** American Express.
12.00 M'T LIVE **TGL New York Golf Club v Atlanta Drive Golf Club.** Coverage of the third match in the team competition in Florida.
2.00 AM **Nick Dougherty's Tee Time Tips** Expert golfing advice.
3.00 **Playing Lessons**
4.00 **Golf Academy** Expert tips.
5.00 to 6.00 AM **Nick Dougherty's Tee Time Tips**

TNT Sports 1

410 870 527 408 430

6.00 AM **UEFA Europa League & Conference League Magazine**
6.30 **Champions League Magazine**
7.00 **Isuzu UTE A-League**
8.00 LIVE **A-League Women Western United v Perth Glory.** From Melbourne. Kick-off **6.00am**.
10.00 **Isuzu UTE A-League**
3.00 PM **Premier League**
4.30 **Champions League Magazine**
5.00 LIVE **UEFA Champions League Monaco v Aston Villa.** The match in the league phase from Stade Louis II. Kick-off **5.45pm**. *See feature, page 28.*
8.00 LIVE **UEFA Champions League Benfica v Barcelona.** The match in the league phase at Estadio de Luz. Kick-off **8.00pm**.
10.30 **Premier League**
11.15 **Sport in Focus**
11.30 **Isuzu A-League Highlights**
12.00 M'T **NBA Tip-Off**
12.30 AM LIVE **NBA Brooklyn Nets v New York Knicks.** Coverage of the Eastern Conference match at Barclays Centre. Tip-off **12.30am**.
3.00 LIVE **NBA Denver Nuggets v Philadelphia 76ers.** The inter-conference match. T-o **3.00am**.
5.30 to 6.30 AM **NBA**

TNT Sports 2

411 871 528 409 431

6.00 AM LIVE **T20 Super Smash Northern Brave v Central Stags.**
8.15 **TNT Sports Cricket Reload**
8.30 **Premier League Review**
9.30 **Serie A** Action from Italy.
11.30 **Women's Ashes**
1.00 PM **Premier League Review**
2.00 **The Football's On**
3.00 **In My Blood** With Jarrod Bowen.
3.15 LIVE **UEFA Europa League Galatasaray v Dynamo Kyiv.** The league-phase match at Rams Park in Istanbul. Kick-off **3.00pm**.
5.30 LIVE **UEFA Champions League Atalanta v Sturm Graz.** The league-phase match at Gewiss Stadium. Kick-off **5.45pm**.
7.45 LIVE **UEFA Champions League Atletico Madrid v Bayer Leverkusen.** The league-phase match. Kick-off **8.00pm**.
10.00 **Women's Ashes**
11.30 LIVE **Women's T20 Super Smash Wellington Blaze v Canterbury Magicians.** From Cello Basin Reserve in Wellington.
3.00 AM **TNT Sports Cricket Reload**
3.15 to 6.00 AM LIVE **T20 Super Smash Wellington Firebirds v Canterbury Kings.** Coverage of the match at Cello Basin Reserve.

TNT Sports 3

417 874 529 410 432

6.00 AM **In My Blood** Arsenal.
7.00 **MotoGP** Action from the Grand Prix of Malaysia.
10.30 **MotoGP** Highlights from the Grand Prix of Barcelona.
2.00 PM **Fishing: On the Bank** Action from round two of the UK Angling Championship.
3.00 **Women's Ashes**
4.00 **The Edge** Australia v England.
4.30 **SailGP Highlights**
5.30 **Premier League: Big Interview** An interview with a Premier League star of the past or present.
6.00 **Isuzu A-League Highlights**
6.30 **Ninja A-League Women Highlights** Recent action.
7.00 **Premier League Netbusters** A unique and fast-paced look at all the action from the top flight.
7.30 **UEFA Champions League Goals Show Xtra**
10.30 **Fight Week** UFC 311 review.
11.00 **UFC Fight Flashback**
11.30 **UEFA Champions League**
12.00 M'T **UEFA Champions League**
3.30 AM **The Football's On**
4.30 **Isuzu A-League Highlights**
5.00 **Ninja A-League Women Highlights** Recent action.
5.30 to 6.00 AM **WRC Magazine**

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
7.00 **NFL Bitesize Highlights**
8.00 **NFL: America's Game**
9.00 **NFL Highlights** Action from the first Divisional play-off match.
10.00 **Super Bowl LIV Highlights** Kansas City Chiefs v San Francisco 49ers from the 2019/20 season.
12.00 NOON **NFL Highlights** Action from Philadelphia Eagles v Washington Commanders.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** Action from Miami Dolphins v Buffalo Bills. **4.00** Highlights of the second Divisional play-off match.
5.00 **NFL: America's Game** The story of the Los Angeles Rams 2022 Super Bowl success.
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Highlights** Action from the third Divisional play-off match.
9.00 **Super Bowl LVI Highlights** Cincinnati Bengals v Los Angeles Rams from the 2021/22 season.
11.00 **NFL Highlights**
12.00 M'T **The Insiders** NFL news.
1.00 AM **NFL Bitesize Highlights**
2.00 **NBC's Pro-Football Talk**
4.00 **NFL Highlights**
5.00 to 6.00 AM **NFL Bitesize Highlights**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **US Open Classic Matches**
7.00 **Tennis** Action from recent finals.
1.00 PM **Murray's Moments**
3.00 **US Open Classic Matches**
4.00 **WTA Tennis** Hobart International.
5.00 **ATP Tennis** Hong Kong Open.
6.00 **Tennis** The 2024 Linz final.
7.00 **US Open** Action from 2024.
8.00 **Tennis** The 2024 WTA Finals.
9.00 **US Open Classic Matches**
11.00 **WTA Tennis** From Brisbane.
1.00 AM **Tennis** The 2024 Linz final.
2.00 **US Open** Action from 2024.
3.00 **US Open Classic Matches**
4.00 to 6.00 AM **Murray's Moments**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **Super League Highlights**
10.00 **Fight Night International**
12.00 NOON **Super League Highlights**
1.00 PM **PGA Tour Golf**
2.00 **Big Bash League**
6.05 **SA20** Recent highlights.
7.00 **Fight Night** Simpson v Woodall.
8.00 **State of Origin Rugby League**
9.00 **Women's State of Origin**
10.00 **The Rugby Championship**
12.00 M'T **Top Rank Boxing Archive**
1.15 AM **Big Bash League**
2.15 LIVE **ICC U19 Women's World T20 New Zealand v Samoa.** Coverage of the Group C match at Borneo Cricket Ground.
5.30 to 6.00 AM **Super League**

TNT Sports 4

421 876 530 411 434

6.00 AM **MLB Classic** Archive action.
8.00 **One Day International Cricket**
11.00 **UEFA Europa League & Conference League Magazine**
11.30 **Champions League Magazine**
12.00 NOON **NBA Action**
12.30 PM **NBA on Fire** The latest news.
1.00 **NBA** Three match replays.
5.30 **NBA Originals**
6.00 **NBA** A chance to see Charlotte Hornets v Dallas Mavericks.
7.30 **In My Blood** With Jarrod Bowen.
7.45 LIVE **UEFA Champions League Club Brugge v Juventus.** Coverage of the match in the league phase at Jan Breydel Stadium. Kick-off is at **8.00pm**.
10.00 **NBA** A chance to see Golden State Warriors v Boston Celtics.
11.30 **Serie A** Highlights from Italy.
1.30 AM **Fight Week**
2.00 **UFC Fight Flashback**
3.30 **UFC Greatest Fights**
5.00 **Fight Week** UFC 311 review.
5.30 to 6.00 AM **MLB Classic**

Eurosport 1

413 870 521 412 435

5.30 AM **Australian Open Tennis**
7.30 **Australian Open: Courtside**
8.00 LIVE **Australian Open Tennis** Coverage of the second women's singles quarter-final in Melbourne.
10.00 LIVE **Australian Open Tennis** Coverage of the second men's singles quarter-final on the 10th day staged at Melbourne Park.
1.00 PM **Australian Open: Courtside**
1.30 **Australian Open Tennis**
8.30 **Australian Open Tennis** Action from the second of the women's singles quarter-finals. **10.30** The second of the men's singles quarter-finals.
12.30 AM LIVE **Australian Open Tennis** Coverage of the third women's singles quarter-final on day 11 staged at Melbourne Park.
2.30 LIVE **Australian Open Tennis** Coverage of the third men's singles quarter-final on the 11th day staged at Melbourne Park.
5.30 to 7.30 AM **Australian Open**

Eurosport 2

414 871 522 413 436

6.00 AM **Alpine Skiing** In Wengen.
8.00 **Charlotte Bankes Sierra Nevada 2024**
8.15 **Alpine Skiing** From Italy.
9.15 LIVE **Alpine Skiing** Coverage from Kronplatz, featuring the first run in the women's giant slalom.
11.00 **Alpine Skiing** From Wengen.
12.00 NOON **Winter Sport: Zoe Atkin**
12.15 PM LIVE **Alpine Skiing** Further coverage from Kronplatz, Italy, featuring the second run in the women's giant slalom.
1.30 **Orienteering Skiing**
2.45 **Snowboarding** From Bansko.
3.45 **Winter Sport: Kirsty Muir**
4.00 **Alpine Skiing** From Kronplatz.
5.00 **Ski Jumping** In Zakopane.
7.00 **Snowboarding** From Bansko.
8.00 **Alpine Skiing** Recent action.
9.00 **Masters Snooker** The final.
11.00 **Alpine Skiing** From Kronplatz.
12.00 M'T **Biathlon** In Ruhpolding.
2.00 AM **Snooker: UK Championship**
4.00 to 6.00 AM **Ski Jumping**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **My Icon** Charlotte Edwards.
6.15 LIVE **ICC U19 Women's World T20 India v Malaysia.** Coverage of the Group A match.
9.30 **Good Morning Transfers**
10.00 **The Football Show**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
5.00 **The Transfer Show**
5.30 **Sports Centre**
7.00 **Gillette Labs Soccer Special**
7.30 **EFL Greatest Games**
7.35 LIVE **EFL Blackburn Rovers v Coventry City.** The Championship match. Kick-off is at **7.45pm**.
9.45 **Gillette Labs Soccer Special**
10.15 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
2.00 AM **My Icon** Nasser Hussain.
2.15 LIVE **ICC U19 Women's World T20 Bangladesh v Scotland.** The Group D match.
5.30 to 6.00 AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Formula 1** Highlights.
2.05 PM **Ted's Notebook**
2.35 **Lewis Looks Back on 2014**
2.45 **Sainz Says Farewell**
3.00 **Formula 1** Another chance to see the 2024 British Grand Prix.
7.50 **Ted's Notebook**
8.25 **What's Next For Valtteri Bottas?** With Jenson Button.
8.30 **Formula 1** British Grand Prix.
10.35 **Geoorge's Vegas Victory**
10.45 **Sainz Says Farewell**
11.00 **Formula 1** British Grand Prix.
12.00 M'T to 6.00 AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

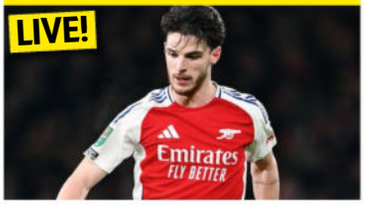
Wednesday 22 January

Evening Planner

Cricket

India v England: 1st T20I
TNT Sports 1, play starts 1.30pm
England start their white-ball tour of India with the first in a five-match Twenty20 series staged in Kolkata.

Football



Champions League
TNT Sports, kick-offs 8pm
Featuring Arsenal v GNK Dinamo and PSG v Man City, while current champions Real Madrid take on Austria's Salzburg.

Factual

Landscape Artist of the Year
Sky Arts, Sky Mix & Sky Showcase, 8pm
This year's contest begins at Hampton Court Palace. Hosted by Stephen Mangan.

OnDemand

tv+

Prime Target
Available today
Leo Woodall stars in this conspiracy thriller as a maths genius whose groundbreaking research places him in danger.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 The Traitors		10.00 News; Local News	10.40 UEFA...
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Winterwatch		9.00 Simon Schama's Story of Us		10.00 The Traitors...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Grantchester		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It		9.00 Patience		10.00 The Fall: Skydive Murder Plot	
	105 CHANNEL 5	7.00 GPs: Behind Closed Doors		8.00 How to Clear Your Credit Card Quickly		9.00 Surgeons: A Matter of Life or Death		10.00 999: Emergency Call Out	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Landscape Artist of the Year		9.00 King of the Apocalypse			
ENTERTAINMENT	115 BBC3	7.00 Top Gear		8.00 The Simple Life		9.05 Suits			10.30 Life and...
	116 BBC4	7.00 Canal Boat...	7.30 The Yorkshire...	8.00 Churchill – Great Britons		9.00 The Beginning and End of the Universe		10.00 Fear of Fanny	
	118 ITV2	‹ 6.55 Wheel of Fortune		7.55 Deal or No Deal: Celebrity Special		9.00 Love Island: All Stars		10.05 G'wed	10.40 Family...
	136 MORE4	‹ 6.55 Car S.O.S.		7.55 Grand Designs				10.00 Outrageous Homes	
	135 E4	7.00 Hollyoaks	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 Elsbeth		10.00 The Equalizer	
	108 SKY ATLANTIC	‹ 6.55 Billions		7.55 Game of Thrones		9.00 Gangs of London			10.15 Succession
	110 U&GOLD	‹ 6.40 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Gavin & Stacey	10.00 The Royle Family	10.35 dinnerladies
	111 U&DAVE	7.00 QI XL	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Grace				10.00 Unforgotten	
	120 ITV4	7.00 The Motorbike Show		8.00 Junk and Disorderly		9.00 Film: Thunderball			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Jack Whitehall Gets Around			
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead		10.00 Grimm	
	113 SKY MAX	7.00 Stargate Universe		8.00 Freddie Fries Again		9.00 Rob Beckett's Smart TV	9.50 Strike Back: Vengeance		
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Landscape Artist of the Year		9.00 Artist of the Year: Masterclass		10.00 Dean Martin: King of Cool	
	132 U&W	7.00 DIY SOS: Children in Need Special		8.00 Pete Wicks: For Dogs' Sake		9.00 Katherine Ryan: Parental Guidance		10.00 999 Rescue Squad	
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Bitchin' Rides		9.00 Jade Fever		10.00 Gold Rush: White Water	
	162 ANIMAL PLANET	7.00 Crikey! It's the Irwins		8.00 Sharks vs Dolphins: Face Off		9.00 Blue Serengeti		10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Inside the SS				10.00 21st Century Sex Slaves	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 The Great British Dig: History in Your...		9.00 The Curse of Oak Island		10.00 Tales from Oak Island	
	155 U&YESTERDAY	7.00 Canal Boat Diaries				9.00 Great Canal Journeys: India		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Kingdom of Dreams		8.00 Burden of Proof: Who Killed Jennifer...		9.00 King of the Apocalypse			
FILMS – Sky Cinema	301 PREMIERE	‹ 5.50 The Fall Guy		8.00 Bad Boys: Ride or Die				10.00 Kill	
	302 FEEL GOOD	‹ 6.25 Daddy Day Camp		8.00 Girls Trip					10.05 The Edge of Seventeen
	303 HITS	‹ 6.10 Asteroid City		8.00 Blithe Spirit				9.55 The Holdovers	
	304 GREATS	‹ 6.15 Holiday Inn		8.00 Annie					10.10 The Breakfast Club
	305 ANIMATION	‹ 5.50 Arthur Christmas	7.35 Storks			9.10 Paws of Fury: The Legend of Hank			
	306 FAMILY	‹ 5.55 The Wizard of Oz	7.40 Journey to the Center of the Earth				9.20 Journey 2: The Mysterious Island		
	307 STUNTS	‹ 5.40 Once Upon a Time in China		8.00 The Amazing Spider-Man					10.20 The Amazing...
	308 COMEDY	‹ 6.10 Ride Along		8.00 Ride Along 2			9.45 Mean Girls		
	309 CRIME	‹ 5.45 Blackhat		8.00 Public Enemies					10.20 Bad Boys
	310 DRAMA	‹ 5.40 Jerry Maguire		8.00 P.S. I Love You					10.10 Save the Last Dance
	311 SCI-FI	‹ 5.35 Star Trek The Motion Picture		8.00 I Am Legend				9.55 Interstellar	
	313 FILM4	‹ 6.40 CutThroat Island				9.00 Never Grow Old			
SPORT	401 MAIN EVENT	‹ 3.00 SA20 – Live	7.30 EFL – Live: Plymouth Argyle v Burnley (Kick-off 8.00)						10.30 Golf – Live
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special						10.15 PL Stories	
	403 FOOTBALL	7.00 WSL	7.30 EFL – Live: Plymouth Argyle v Burnley (Kick-off 8.00)						10.30 EFL Highlights
	404 CRICKET	‹ 3.00 SA20 – Live	7.30 Women's ICC...	8.00 Big Bash League		9.00 SA20			
	410 TNT SPORTS 1	7.00 UEFA Champions League – Live: Paris Saint-Germain v Manchester City (Kick-off 8.00)							10.30 T20 Cricket...
	411 TNT SPORTS 2	7.00 UEFA Champions League – Live: Arsenal v Dinamo Zagreb (Kick-off 8.00)							10.30 Serie A – Full...

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A lost ring. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition Items include a magic lantern. (S)
4.30 **The Travelling Auctioneers** New edition Decluttering. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Political Broadcast** By the Conservative Party. (S)

9.00 The Traitors

7 PM

7.00 **The One Show** Clara Amfo and Vernon Kay present the topical show. (S)
7.30 **EastEnders** Bianca comes up with a plan to help Sonia, while Elaine and George make a shocking discovery. (S)(AD)

8 PM

8.00 **The Repair Shop** New edition The experts try to restore a pair of boots belonging to a blind photographer, a printing press from 1826, a stuffed bear and a clock gifted to a school by Florence Nightingale in 1877. (S)(AD)

9 PM

9.00 **The Traitors** New edition 10/12. Suspicions are at an all-time high as the game enters its final quarter. (S)(AD)
■ Continues tomorrow. *The Traitors: Uncloaked* follows on BBC2

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Match of the Day: Champions League** Action from the matchday seven league phase fixtures, including Liverpool v Lille, Celtic v Young Boys and Paris Saint-Germain v Manchester City. (S)
12.00 M'T **The Weakest Link** Aisling Bea, La Voix, Ben Bailey Smith, Anna Richardson, Will Best, Samantha Kinghorn, Jason Byrne and Jacqui Joseph take part. (S)(R)
12.45 AM **Pointless Celebrities** Tom Malone, Karim Zeroual, Shanaze Reade, Curtis Pritchard, AJ Pritchard, Oli Bell, Fern Brady and Alison Spittle compete. (S)(R)
1.30 **Weather for the Week Ahead** (S)
1.35 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **The Bidding Room** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Celebrity Antiques Road Trip** With Gethin Jones and Dr Xander Van Tulleken. (S)(R)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **LIVE Bowls: World Indoor Championships** Coverage from Potters Resorts at Hopton-on-Sea, Norfolk, featuring a second-round open singles match and a ladies singles semi-final. (S)
5.15 **Flog It!** From Tilbury Docks. (S)(R)
6.00 **Richard Osman's House of Games** New edition With guests Eniola Aluko, Phil Daniels, Nikita Kanda and Danny Miller. (S)
6.30 **Joanna Page's Wild Life** New edition 13/15. Joanna treats a badger with an injured foot. (S)

9.00 Simon Schama's Story of Us

7 PM

7.00 **Celebrity Antiques Road Trip** New edition Leslie Ash and Phil Daniels, stars of cult movie *Quadrophenia*, are together again on Lincolnshire's roads in a pink Cadillac, shopping with guidance from experts Phil Serrell and Serhat Ahmet. (S)

8 PM

8.00 **Winterwatch** New edition 2/4. Michaela Strachan, Chris Packham and the team follow the fortunes of the wildlife around the UK. (S)
■ Continues tomorrow

9 PM

9.00 **Simon Schama's Story of Us** Series finale 3/3. Simon looks at artists who have explored why landscape matters to people's sense of who they are, from Philip Larkin to Seamus Heaney and Derek Jarman. Plus, an interview with Bono. (S)(AD)

10 PM

10.00 **The Traitors: Uncloaked** New edition 10/12. Ed Gamble and guests discuss the latest events in the castle. (S)(AD)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Unspun World with John Simpson** A look at the week's major global news stories (S)
11.30 **Pompeii: The New Dig – House of Treasures** Documentary following an archaeological excavation at the ancient Roman city. (S)(R)(AD)
12.30 AM **Sign Zone: The Traitors** (S)(R)
1.30 **Sign Zone: SAS Rogue Heroes** 4/6. Reg Seekings befriends a young Italian boy. (S2) (S)(R)(AD)
2.30 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
2.30 **Pictionary** New edition With Brian Conley and Angela Scanlon. (S)(AD)
3.00 **Lingo** New edition Word-based game show hosted by Adil Ray. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Meg takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.20 **Party Political Broadcast** By the Conservative Party. (S)
6.30 **ITV News** (S)

9.00 Grantchester

7 PM

7.30 **Emmerdale** Dawn's guilt proves overwhelming, Charity is suspicious, and Joe struggles to maintain consciousness. (S)(AD)

8 PM

8.00 **Coronation Street** Daisy is spooked when Bethany learns of her pregnancy, Leanne flirts with Ronnie, Cassie is almost caught in the act, Harvey contacts David via Lily, and Lauren returns to court for the verdict. (S)(AD)

9 PM

9.00 **Grantchester** New episode 3/8. Geordie and new vicar Alphy Kottaram get off on the wrong foot, but they soon find themselves teaming up to investigate the murder of a local landowner. (S9) (S)(AD)
■ Entire series on ITVX

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Peston** Political magazine show hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.35 **For the Love of Dogs with Alison Hammond** 2/6. A lurcher found tied up in a cemetery needs emergency surgery. (S)(R)(AD)
12.00 M'T **Teleshopping**
3.00 AM **Tonight: Going Sober – Can We Ditch the Booze?** (S)(SL)(R)
3.25 **Tom Kerridge Cooks Britain** 2/6. Tips on cooking with steak and tomatoes. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 25-27/27. (S9) (S)(R)
7.45 **The King of Queens** (S9) (S)(R)
8.40 **Frasier** 18-21/24. (S1) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** Helping a struggling Italian restaurant in Philadelphia. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** Five editions. (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Delivery delays end up putting back the launch of James's coffee bar in Spain.(S)
5.00 **Junior Bake Off** New edition 13/15. The young bakers face the challenges of Sports Day. (S)(AD)
6.00 **A Place in the Sun** New edition Jasmine Harman helps a pair of house hunters find their dream holiday home in Fuerteventura. (S)

8.00 Kirstie & Phil's Love It or List It

7 PM

7.00 **News** (S)

8 PM

8.00 **Kirstie and Phil's Love It or List It** New edition Kirstie Allsopp and Phil Spencer tackle a challenge in Whitley Bay, where Sarah and Sean need help deciding what to do with their six-bedroom house. (S)(AD)

9 PM

9.00 **Patience** New episode *My Brother's Keeper:* 5/6. Patience steps in to help when Billy's brother's body goes missing from the morgue. *See feature, page 7.* (S1) (S)(AD)
■ Concludes tomorrow

10 PM

10.00 **The Fall: Skydive Murder Plot** 1/3. An in-depth look at Victoria Cilliers' apparent skydiving accident that sent her hurtling to the ground with no parachute, and the investigation that followed. (S)(R)(AD)
11.05 **The Fall: Skydive Murder Plot** 2/3. Victoria describes her recollection of the jump. (S)(R)(AD)
12.05 AM 3/3. The trial reaches a dramatic conclusion. (S)(R)(AD)
1.00 **Ramsay's Kitchen Nightmares USA** From New York. (S)(SL)(R)
1.50 **FILM The Innocents** Norwegian horror. (2021, 15, 120min) ★★★★
3.50 **Find It, Fix It, Flog It** (S)(R)
4.05 **Frasier** 3-6/24. (S10) (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

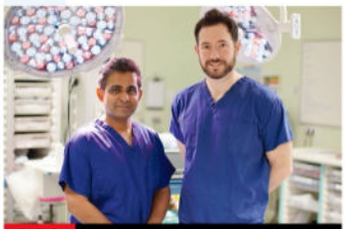
+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S8) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 **Caught in the Act: An Aurora Teagarden Mystery** Crime drama with Candace Cameron Bure and Niall Matter. (S)
4.00 **Bargain-Loving Brits in the Sun** New edition On the Costa del Sol, bar owners Shane and Chrissy host a mammoth Bingo Bonanza. (S)(AD)
5.00 **News** (S)
6.00 **Winter Road Rescue** Double bill of the documentary following snowplough teams and RAC patrols. (S)(R)
6.55 **News** (S)



9.00 Surgeons: A Matter of Life...

7.00 **GPs: Behind Closed Doors** Dr Chris Harris attempts to help a patient who has been putting off coming to the surgery about a lump in his throat. (S)(R)
7.55 **News** (S)
8.00 NEW **How to Clear Your Credit Card Quickly** Examining different ways to avoid and clear credit card debt, including stoozing, cash stuffing and the snowball method. (S)
9.00 **Surgeons: A Matter of Life or Death** New edition Renal surgeons Dilan Dabare and Tom Nieto perform a life-changing transplant on a patient who is receiving a kidney from his half-brother. (S)
10.00 **999: Emergency Call Out** A team are called to the scene of a suspected terrorist bomb, Special Sergeants deal with a knife fight, and a woman falls and hits her head in the middle of a main road. (S)(R)
11.05 **Ambulance: Code Red** (S)(R)
12.05 AM **Motorway Cops: Catching America's Speeders** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Rich House, Poor House** (S)(R)
3.50 **Hotel Chocolat: Unwrapped** A look behind the scenes. (S)(R)
4.40 **Divine Designs** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour | 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Kay Burley**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S5) (S)(R)(AD)
3.00 **NCIS: New Orleans** (S7) (S)(R)
4.00 **MacGyver** 12/13. (S4) (S)(R)
5.00 **The Simpsons** *American History X-Cellent:* Mr Burns is sent to prison. (S)(R) **5.30** *Once Upon a Time in Springfield:* Romance blossoms for Krusty the Clown. (S)(R)
6.00 **The Office (US)** 17/26. Part one of two. Pam prepares to give birth. (S)(R) **6.30** 18/26. Part two of two. Pam has trouble getting her baby to breastfeed. (S6) (S)(R)

9.00 King of the Apocalypse

7.00 **The Simpsons** *Chief of Hearts:* Homer strikes up an unlikely friendship with Chief Wiggum. (S)(R) **7.30** *The Squirt and the Whale:* Lisa becomes emotionally attached to a beached whale. (S)(R)
8.00 NEW SERIES **Landscape Artist of the Year** The contest begins at Hampton Court Palace, where host Stephen Mangan is joined by judges Tai Shan Schierenberg, Kathleen Soriano and Kate Bryan.
9.00 NEW **King of the Apocalypse** Dakota Adams, Democrat and son of the founder of the Oath Keepers, explores the American right-wing militia movement following the arrest of his father Stewart Rhodes for his part in the January 6th insurrection. He explains how militia groups are threatening democracy in the United States, providing essential insight into where the country could be heading next.
11.00 **Rose Matafeo: On and On and On** Rose shares her candid takes on relationships, ageing and having children. (S)(R)
12.15 AM **Karl Pilkington: The Moaning of Life** (S)(R)(AD)
1.15 **Brit Cops: Rapid Response** (R)
2.15 **Road Wars** (S)(R)
3.10 **NCIS: New Orleans** (S7) (S)(R)
4.05 **MacGyver** (S4) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour | 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
2.30-3.00pm Politics Scotland (S) **12.00m't** Scotcast (S)(R) **12.30am** The Weakest Link (S)(R) **1.15** Pointless Celebrities (S)(R) **2.00** Weather for the Week Ahead (S) **2.05-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Video Nasty (S)(R) **11.10** Video Nasty (S)(R) **11.40** Match of the Day: Champions League (S) **1.00am** The Weakest Link (S)(R) **1.45-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
8.00-9.00pm NEW The Impossible Show: Tsunami Relief Concert (S) **12.00m't** NEW SERIES How to Win the Champions League (S)(AD) **12.30am** The Weakest Link (S)(R) **1.15-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
11.30pm Live at the Apollo New edition (S) **12.15-12.30am** Planet Earth: A Lion's Tale (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Bwrdd i Dri (AD) **12.30** Heno **1.00** Codi Hwyl **1.30** Y Ci Perffaith **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Noson Lawen **4.00** Awr Fawr **5.00** Stwnsh **6.00** Gwladfa: Gwilym Bowen Rhys **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Colleen Ramsey: Bywyd a Bwyd New edition **8.55** Newyddion a'r Tywydd **9.00** Amour & Mynydd New edition **10.00** Colli Cymru I'r Môr (AD) **11.00-11.35pm** Welsh Whisperer – Ni'n Teithio Nawr! (AD)

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Matt LeBlanc drives an eight-wheeled rescue vehicle from Russia.
7.55 **The Catch Up**
8.00 **The Simple Life** Paris Hilton and Nicole Richie work at a bakery. **8.25** The duo take on an internship with a psychic. **8.45** Paris and Nicole work at an elderly living centre.
9.05 **Suits** 1/16. Mike starts his new high-profile job at the Sidwell Investment Group. **9.50** 2/16. Harvey and Mike find themselves on opposite sides of a takeover battle. (S4)
10.30 **Life and Death Row** 1/3. Documentary following the campaign to take accused murderer Ivan Cantu off death row.
11.30 **Starstruck** 5&6/6. (S2)
12.20 AM **The Fast and the Farmer-ish** Double bill.
1.20 **Squad Goals: Dorking 'Til I Die** Documentary.
1.50 **Top Gear** As 7.00pm.
2.50 **to 3.50** AM **Life and Death Row**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Canal Boat Diaries** A low canal tunnel in Staffordshire proves to be problematic and Robbie helps out a stranded boater.
7.30 **The Yorkshire Dales** Adventurer Paul Rose heads for Swaledale.
8.00 **Churchill: Great Britons** Mo Mowlam discusses Winston Churchill and his inspirational leadership skills.
9.00 **The Beginning and End of the Universe** 1/2. Professor Jim Al-Khalili unravels the cosmic mystery of science's creation story.
10.00 **Fear of Fanny** Black comedy based on the life Fanny Cradock, whose popular newspaper columns and TV programmes led to her becoming Britain's first celebrity chef. Stars Julia Davis and Mark Gatiss.
11.20 **to 4.00** AM **Shoah: Second Era** 2/2. The conclusion of director Claude Lanzmann's documentary recording personal accounts of the Holocaust. Partly subtitled.

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions from in and around Guildford, Surrey.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw work to restore a sports car for a former ambulance driver. **6.55** Fuzz and Tim try to restore a 1991 Range Rover.
7.55 **Grand Designs** Kevin McCloud follows the progress of Nathan and Amye as they build a giant cathedral-like property modelled on Dutch barn-style houses, but with a contemporary twist. **9.00** Physical therapist Ara and researcher Tony set out to create a home focused on health and wellbeing near Henley-on-Thames while they live on site and manage the project themselves.
10.00 **Outrageous Homes** 1/4. Laurence Llewelyn-Bowen celebrates great British visionaries and proud-to-be-different homeowners.
11.05 **24 Hours in A&E**
12.10 AM **Emergency Helicopter Medics**
1.15 **Grand Designs**
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour | 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Junior Bake Off**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **Hollyoaks** The McQueens rally around Mercedes.
7.30 **Modern Family** 4/18. Jay feels neglected as Gloria continues her internship. (S11)
8.00 **The Simpsons** *Treehouse of Horror XXVIII:* Maggie becomes possessed by an ancient demon. **8.30** *Grampy Can Ya Hear Me:* Bart helps Lisa to break into the school.
9.00 **Celebrity Gogglebox** Famous faces appraise shows including *Planet Earth II* and *EastEnders*.
10.00 **Gogglebox** The armchair critics share their opinions on *Britain's Got Talent* and *Scared of the Dark*.
11.05 **First Dates**
12.10 AM **Naked Attraction**
1.15 **Celebrity Gogglebox**
2.15 **Gogglebox**
3.10 **The Simpsons**
4.00 **Brooklyn Nine-Nine**
4.30 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour | 235/236 | 306 | 30 | 123

Wednesday primetime

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 807 110 341 356

6.00 AM **The Force: Manchester**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Brit Cops: Frontline Crime UK**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **Bull** 12/22. (S6)
12.00 NOON **FBI** 12/22. (S5)
1.00 PM **FBI: International** (S2)
2.00 **FBI: Most Wanted** 11/22. The team chase after the suspects behind an explosion at an Ohio energy plant. (S4)
3.00 **UK Border Force**
4.00 **Nothing to Declare**

10.00 The Equalizer

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI** *Sisterhood:* 19/22. A drug dealer is shot in a federal park and the team sets out to look for his killer. (S5)

9 PM
9.00 **Elsbeth** *Reality Shock:* 3/10. Elsbeth and Kaya investigate when a reality TV star is found dead in her bathtub. (S1)

10 PM
10.00 **The Equalizer** *Reckoning:* 10/10. Delilah and her friends are threatened by a crime syndicate after witnessing a murder. (S1)
11.00 **The Rookie** 2/20. Bradford needs help from Chen. (S2)
12.00 M'T **Chicago Fire** 10/13. (S12)
1.00 AM **Chicago PD** 9/13. (S11)
2.00 **Chicago Med** 9/13. (S9)
3.00 **Bull** 12/22. (S6)
4.00 **The Real A&E**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **The Guest Wing**
8.00 **The Sopranos** (S5)
10.00 **Billions** 1&2/12. (S3)
12.10 PM **Game of Thrones** (S2)
1.15 **Perry Mason** 3&4/8. (S1)
3.40 **The Sopranos** 4/13. Carmela and Tony discuss AJ's future. **4.45** 5/13. Tony fears he has skin cancer, and Christopher goes on a business trip. (S5)
5.50 **Billions** 1/12. Chuck receives a mandate from a new boss. **6.55** 2/12. Chuck tries to cash in a favour owed to him by an honourable judge. (S3)

10.15 Succession

7.55 **Game of Thrones** *What Is Dead May Never Die:* 3/10. Tyrion plots to identify Cersei's spy on the small council, and Maester Luwin helps Bran make sense of his dreams. (S2)

8.00 **FBI** *Sisterhood:* 19/22. A drug dealer is shot in a federal park and the team sets out to look for his killer. (S5)

9.00 **Gangs of London** 8/8. Koba faces his biggest threat yet, Shannon makes a grasp for power and Marian stands to lose everything. (S2)

10.15 **Succession** / *Went To Market:* 5/10. Kendall begins to plot a vote of no confidence. (S1)
11.20 **Succession** 6/10. Roman and Kendall attempt to sway the board, while Shiv explores her options in Washington, DC. (S1)
12.25 AM **Big Little Lies** 4/7. (S2)
1.30 **Game of Thrones** As 7.55pm.
2.35 **Gomorrah** 7/12. (S3)
3.40 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** 4&5/22. (S5)
8.00 **Supergirl** 9/20. (S6)
9.00 **Stargate Universe** (S2)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 11/20. (S6)
1.00 PM **S.W.A.T.** 6&7/22. (S5)
3.00 **NCIS: New Orleans** 2/16. (S7)
4.00 **MacGyver** 12/13. (S4)
5.00 **DC's Legends of Tomorrow** 6/13. The team are stranded in a lush forest with no idea when or where they are. (S7)
6.00 **Stargate Universe** 5/20. Scott is attacked and infected by a plant-like creature. (S2)

9.00 Rob Beckett's Smart TV

7.00 **Stargate Universe** *Trial and Error:* 6/20. Chloe worries an alien influence has begun to affect her mind and body. (S2)

8.00 **Freddie Fries Again** 1/6. Andrew Flintoff and Rob Penn set off on another adventure, beginning in Northumberland.

9.00 **Rob Beckett's Smart TV** With guests Charlie Cooper, Chris Packham and Natalie Cassidy.
9.50 **Strike Back: Vengeance** 3/10. Stonebridge undergoes a psychiatric assessment in order to rejoin Section 20. (S3)
10.55 **Karl Pilkington: The Moaning of Life** 2/6. Karl explores the factors that shape people's identities.
12.00 M'T **The Force: Manchester**
1.00 AM **Brit Cops: Rapid Response**
2.00 **A League of Their Own** New edition With Danny Dyer.
3.00 **NCIS: New Orleans** 2/16. (S7)
4.00 **MacGyver** 12/13. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **World's Funniest Videos**
10.00 **Secret Crush** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.00 **In with a Shout**
3.00 **Charmed** 21/23. (S6)
4.00 **Gilmore Girls** 19/22. Lane's band get their first gig. (S3)
4.55 **Dinner Date**
5.55 **Celebrity Catchphrase** With David James, Chelcee Grimes and Marvin Humes.

7.55 Deal or No Deal: Celebrity

6.55 **Wheel of Fortune** Graham Norton hosts as contestants try to win a potential £50,000 prize.
7.55 **Deal or No Deal: Celebrity Special** Stephen Mulhern hosts as Sam Thompson, the 2023 King of the Jungle, takes part in the game show.

9.00 **Love Island: All Stars** New edition As the temperature in paradise rises for our couples, the stakes are getting higher.

10.05 **G'wed** 3/6. Ted is the subject of envy when he dates a sixth-former. (S1)
10.40 **Family Guy** 3/20. Peter and Lois are given a Range Rover from Carter. (S21)
11.05 **Family Guy** 13/20. (S20)
11.35 **American Dad!** (S17)
12.35 AM **Bob's Burgers** (S9)
1.35 **The Emily Atack Show**
2.20 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **The Darling Buds of May**
9.30 **The Royal** Double bill.
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **A Touch of Frost** *Held in Trust:* A child murder and news of a paedophile on his patch ruin the copper's good mood.
5.55 **Heartbeat** *Home Truths:* Jackie prosecutes her mother's friend for negligence in the workplace at a quarry.

8.00 Grace

6.55 **Heartbeat** *Not So Special:* An elderly widow is the victim of a hate campaign, and the police race to uncover the culprit.

8.00 **Grace** *Not Dead Enough:* Branson and Grace look into the murder of socialite and patron of local charities Katya Bishop, whose entrepreneur husband Kit becomes the main suspect.

10.00 **Unforgotten** 4/6. Sunny and Jess struggle to keep focused on the case as their personal lives go from bad to worse. (S5)
11.00 **Wire in the Blood** 1/5. When an 11-year-old girl is snatched, Tony is called in to build up a profile of the abductor. (S5)
12.55 AM **The Darling Buds of May**
2.00 **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Secret Lives of Lighthouse Keepers** Following the teams who keep the nation's coastlines safe.
8.00 **Paramedics on Scene** 3/10. A crew help a woman who was kicked in the head by a horse.
9.00 **#CancelKarenDunbar** The comedian investigates the new boundaries of offence.
10.00 **Pitch Invasion: How the Scottish and Irish Changed Football** 3/3. The impact of the likes of George Graham and Alex Ferguson on the English game.
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **Scottish Questions** From Westminster.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** 1&2/9. (S4)
9.15 **The Conners** (S2)
10.10 **Silicon Valley** (S3)
11.20 **Barry** 1&2/8. (S4)
12.35 PM **Entourage** (S5)
1.45 **Silicon Valley** (S3)
3.05 **Barry** 1&2/8. (S4)
4.25 **Ballers** 1&2/9. (S4)
5.45 **The Office (US)** (S6)
6.45 **The Conners** (S2)
7.45 **Ballers** 5/10. Spencer faces new worries. **8.20** 6/10. Spencer, Joe and Mr Anderson take a trip to New York. (S3)
9.00 **Entourage** 5/12. The guys go on a mind-expanding trip. **9.35** 6/12. A childhood friend approaches Vince for help. (S5)
10.10 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.10 **Rose Matafeo: On and On and On**
12.25 AM **Sex and the City**
1.50 **Barry** 1&2/8. (S4)
3.10 **to 5.00** AM **Togetherness**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **ENO's Drive & Live**
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Portrait Artist of the Year 2020**
1.00 PM **Tales of the...**
2.00 **The Art of Architecture**
3.00 **Discovering**
4.00 **Classic Albums**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 NEW SERIES **Landscape Artist of the Year**
9.00 **Artist of the Year: Masterclass** Double bill.
10.00 **Dean Martin: King of Cool** Profile of the actor.
12.10 AM **Frank Sinatra: The Vintage Years**
1.10 **Sammy Davis Jr: Legends in Concert**
2.15 **Alice Walker: Beauty in Truth**
3.30 **World in a Painting**
4.45 **Inside Art**
5.45 **to 6.00** AM **Arts Uncovered**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 13/26. (S6)
5.00 **Atlantis** 13/13. (S2)
6.00 **Star Trek: Deep Space Nine** 7/26. (S7)
7.00 **Star Trek: Voyager** (S3)
8.00 **Landscape Artist of the Year** The contest begins at Hampton Court Palace in London.
9.00 **The Rookie** (S2)
11.00 **Britain's Most Evil Killers** Steven Grieveson.
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Frontline Crime UK** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **Fletchers' Family Farm**
9.10 **Gino's Italy**
10.10 **Worst to First** New edition
11.05 **The Real Housewives of Beverly Hills**
12.05 PM **Fletchers' Family Farm at Christmas**
1.05 **The Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey**
6.00 **Buying and Selling**
7.00 **Gino's Italy**
8.00 **Dinner Date**
9.00 **Botched by Nature**
10.00 **Botched** Double bill.
11.55 **The Only Way Is Essex**
12.55 AM **Buying the View**
1.20 **Unwind**
1.30 **Teleshopping**
3.30 **to 6.00** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 8/8. (S1)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 5/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 1-4/25. (S8)
9.00 **Randall and Hopkirk (Deceased)** *You Can Always Find a Fall Guy:* 25/26. Jeff finds himself framed for breaking and entering. (S1)
10.00 **The New Avengers** *Dead Men Are Dangerous:* 1/13. Purdey receives a threat. (S2)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S8)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

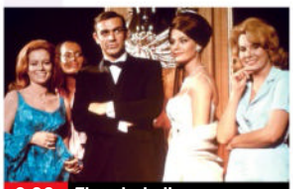
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

- **6.00** AM **Minder**
- **7.05** **The Professionals**
- **8.10** **Return of Sherlock Holmes**
- **9.20** **Magnum, PI**
- **10.20** **Kojak**
- **11.25** **BattleBots**
- **12.25** PM **Return of Sherlock Holmes** Murder mystery.
- **1.35** **Magnum, PI**
- **2.40** **Kojak**
- **3.45** **Minder**
- **4.50** **The Professionals**
- **5.50** **BattleBots** New edition Featuring Whiplash v Skorpios.



9.00 Thunderball

- **7.00** **The Motorbike Show** Henry Cole starts the nickel plating on the Harley-Davidson and rides an Enfield Bullet
- **8.00** **Junk and Disorderly** Henry Cole visits automobilia heaven, while Allen and Skid fix a monkey bike.
- **9.00** **FILM Thunderball** James Bond adventure starring Sean Connery. When SPECTRE steals two atomic bombs, only agent 007 can save the day. With Claudine Auger and Adolfo Celi. (1965, PG, 140min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
- **11.40** **English Football League Highlights** Recent action.
- **12.40** AM **Wrestling: AEW Collision**
- **2.30** **Auto Mundial**
- **3.00** **Teleshopping**
- **3.30** **Motorsport Mundial**
- **4.00** **Teleshopping**
- **4.30** **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

- **6.00** AM **Most Haunted**
- **8.00** **Teleshopping**
- **11.00** **Star Trek: The Next Generation** 4/26. (S3)
- **12.00** NOON **Star Trek: Voyager**
- **1.00** PM **Star Trek: Deep Space Nine** 19/26. (S5)
- **2.00** **Warehouse 13** 13/13. (S1)
- **3.00** **Stargate SG-1** 6/20. (S8)
- **4.00** **Star Trek: Voyager** 2/26. (S2)
- **5.00** **Star Trek: Deep Space Nine**
- **6.00** **Star Trek: The Next Generation** 4/26. Picard is mistaken for a god by a primitive culture. (S3)

11.00 Swim

- **7.00** **Warehouse 13** *MacPherson:* 13/13. MacPherson plans to secretly sell off Warehouse artefacts. (S1)
- **8.00** **Stargate SG-1** *Avatar:* 6/20. Teal'c finds himself trapped in a virtual-reality battle where he is the sole defender of a base. (S8)
- **9.00** **The Walking Dead** *Pretty Much Dead Already:* 7/13. Shane plans to destroy all the walkers in Hershel's barn. (S2)
- **10.00** **Grimm** *Three Coins in a Fuchsbau:* 13/22. Three coins have an unsettling effect on whoever possesses them. (S1)
- **11.00** **FILM Swim** Action horror starring Joey Lawrence, Jennifer Field and Andy Lauer. (2021, 15, 86min) ★★
- **1.00** AM **FILM 3 Headed Shark Attack** Thriller starring Jason Simmons and Danny Trejo. (2015, 18, 89min) ★★
- **2.55** **Room 104** 3&4/12. (S2)
- **4.00** **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

- **7.15** AM **Murdoch Mysteries** (S7)
- **9.00** **Father Brown**
- **10.00** **Miss Scarlet and the Duke**
- **11.00** **Hudson & Rex** 14/16. (S2)
- **12.00** NOON **The Mentalist** (S4)
- **1.00** PM **Death in Paradise** (S1)
- **2.00** **Murdoch Mysteries** (S7&8)
- **4.00** **Miss Scarlet and the Duke**
- **5.00** **Hudson & Rex** 14/16. Charlie interrogates criminal kingpin Rupert Mankiewicz. (S2)
- **6.00** **Father Brown** *The Blood of the Anarchists:* Tensions rise when a performance troupe of anarchists arrive in Kembleford.

8.00 White Collar

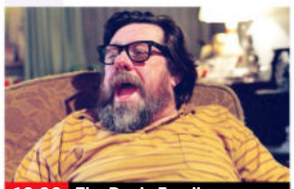
- **7.00** **The Mentalist** *Pretty Red Balloon:* 3/24. One of Patrick's former clients gets in touch when her son is kidnapped. (S4)
- **8.00** **White Collar** *Deadline:* 3/16. Diana goes undercover to protect a journalist who is receiving death threats. (S3)
- **9.00** **Death in Paradise** *Arriving in Paradise:* 1/8. First episode of the Caribbean detective drama starring Ben Miller. (S1)
- **10.00** **Father Brown** *The Blood of the Anarchists:* Tensions rise when a performance troupe of anarchists arrive in Kembleford.
- **11.00** **The Mentalist** 1/24. Jane is taken into custody for shooting the man he believed to be serial killer Red John. (S4)
- **12.00** M'T **White Collar** As 8.00pm.
- **1.00** AM **CSI: Vegas** 8/21. (S2)
- **2.00** **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

- **7.30** AM **Highlights**
- **9.15** **dinnerladies**
- **10.00** **Are You Being Served?**
- **10.40** **Open All Hours**
- **11.20** **Last of the Summer Wine**
- **12.40** PM **Keeping Up Appearances**
- **1.15** **dinnerladies**
- **2.00** **Dad's Army**
- **2.40** **Open All Hours**
- **3.20** **Are You Being Served?**
- **4.00** **Last of the Summer Wine**
- **5.20** **Keeping Up Appearances**
- **6.00** **Are You Being Served?**
- **6.40** **Dad's Army**



10.00 The Royle Family

- **7.20** **Dad's Army** Jones buys a load of black-market pigeons from wheeler-dealer Walker.
- **8.00** **dinnerladies** The crew prepare for the millennium dinner.
- **8.40** **Miranda** Gary decides to join the dating scene so he can bring someone to Stevie's birthday party.
- **9.20** **Gavin & Stacey** Nessa goes into labour a month early in Barry.
- **10.00** **The Royle Family** Denise and Dave bring baby David to visit, but Denise won't change his nappy.
- **10.35** **dinnerladies** As 8.00pm.
- **11.20** **Miranda** As 8.40pm.
- **12.00** M'T **Gavin & Stacey**
- **12.35** AM **The Royle Family**
- **1.15** **Miranda** As 8.40pm.
- **1.55** **Gavin & Stacey** As 9.20pm.
- **2.30** **The Royle Family** As 10pm.
- **3.00** **to 4.00** AM **Last of the Summer Wine**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

- **7.10** AM **Survivor South Africa**
- **8.00** **Special Ops: Crime Squad UK**
- **10.00** **Extreme Fishing with Robson Green** Double bill.
- **12.00** NOON **American Pickers**
- **2.00** PM **Our Guy in Russia**
- **3.00** **Top Gear** Double bill.
- **5.00** **Hairy Bikers' Best of British** Si and Dave examine the history behind famous dishes.
- **6.00** **Rick Stein's Cornwall** The chef pays a visit to a deer farm near Bodmin Moor. **6.30** The Cornish influence on composer Malcolm Arnold.

6.00 Rick Stein's Cornwall

- **7.00** **QI XL** With panellists Sandi Toksvig, Aisling Bea and Susan Calman. **7.40** **Richard Osman's House of Games** Guests include Jake Humphrey, Patsy Kensit and Mae Martin. **8.20** Guests include Mina Anwar, Glen Moore and Shaun Williamson.
- **9.00** **QI XL** Sandi Toksvig, Alan Davies, Zoe Lyons, Richard Osman and Greg James celebrate the 100th birthday of the BBC.
- **10.00** **Have I Got a Bit More News for You** Stephen Mangan hosts the satirical quiz, with guests Janey Godley and Helen Lewis,
- **11.00** **8 Out of 10 Cats** With Rob Beckett, Katherine Ryan, Tom Allen and Richard Osman.
- **12.00** M'T **Mock the Week**
- **1.20** AM **QI XL** As 7.00pm.
- **2.00** **David Mitchell's Outsiders**
- **3.00** **to 4.00** AM **Meet the Richardsons**

+1 hour 211/212 327 74

Wednesday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

- **9.00** AM **Four in a Bed**
- **11.30** **A New Life in the Sun**
- **12.30** PM **A Place in the Sun**
- **2.30** **Frasier** 8-10/24. (S9)
- **4.00** **Junior Bake Off**
- **5.00** **A Place in the Sun**
- **6.00** **A New Life in the Sun**
- **7.00** **Grand Designs Revisited** A fortress-like home on the edge of the West Pennine Moors.
- **8.00** **Jamie's £1 Wonders & Money-Saving Meals** Jamie Oliver offers tips on using up leftovers.
- **9.00** **The Great Pottery Throw Down** The potters make a children's toy Noah's ark and animals.
- **10.15** **Mysteries of Stonehenge**
- **12.10** AM **FILM The Karate Kid** Martial arts drama starring Jaden Smith and Jackie Chan. (2010, PG, 140min) ★★★
- **2.55** **224 Hours in Police Custody: The Unusual Suspects** Documentary.
- **4.00** **to 4.55** AM **Manhunt**

5USA

141/169 120/162 21 129

- **9.00** AM **NCIS** (S6&7)
- **12.00** NOON **Law & Order**
- **6.00** PM **NCIS** *Mother's Day:* 16/24. Gibbs' former mother-in-law surfaces as a witness. **7.00** *Double Identity:* 17/24. The team make a surprising discovery. **8.00** *Jurisdiction:* 18/24. A Navy diver hunting for a sunken ship and its treasure is apparently murdered. (S7)
- **9.00** **Criminal Minds** *Beyond Borders:* 19/23. An American family are kidnapped by a taxi driver in Barbados. (S10)
- **10.00** **Law & Order: Special Victims Unit** *Mask:* 13/24. Stabler goes undercover while on the trail of a rapist. (S12)
- **11.00** **Law & Order: Special Victims Unit** (S12)
- **1.50** AM **Law & Order**
- **3.35** **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

- **8.00** AM **22 Kids & Counting**
- **9.00** **Bargain-Loving Brits in the Sun** Documentary.
- **10.00** **Nightmare Tenants, Slum Landlords**
- **11.00** **Traffic Cops**
- **2.00** PM **Police Interceptors**
- **5.00** **Car Pound Cops:**
- **6.00** **Home and Away**
- **7.00** **Casualty 24/7: Every Second Counts**
- **8.00** **GPs: Behind Closed Doors** Medical series.
- **9.00** **Sleeping with My Murderer** Alan Edwards.
- **10.00** **Skin A&E** Dr Natalia sees a patient with severe alopecia.
- **11.00** **Police: Suspect No 1**
- **12.00** M'T **Making a Serial Killer** Jason Scott.
- **1.00** AM **GPs: Behind Closed Doors** Medical series.
- **2.00** **Casualty 24/7: Every Second Counts**
- **2.50** **Police Interceptors**
- **3.35** **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

- **9.00** AM **Trucking Hell**
- **9.15** **Outback Truckers**
- **10.15** **Traffic Cops**
- **11.15** **Police Interceptors**
- **12.20** PM **FILM The Spikes Gang** Western drama. (1974, 15, 96min) ★★★
- **2.25** **FILM Decision at Sundown** Western. (1957, PG, 77min) ★★
- **4.00** **Outback Truckers**
- **5.00** **Traffic Cops**
- **6.00** **Police Interceptors**
- **8.00** **Motorway Cops: Catching Britain's Speeders** Documentary.
- **9.00** **Police Interceptors**
- **10.00** **Beacon 23** New episodes 3/8. Aster and Halan prepare for Coley's arrival. **11.05** 4/8. Sophie receives a surprise visit from Milan Aleph. (S1)
- **12.05** AM **FILM Universal Soldier III: Unfinished Business** Thriller sequel. (1998, 18, 95min) ★
- **2.10** **to 4.00** AM **Trucking Hell**

U&W

132/133 827 125 25 156

- **6.10** AM **Inside the Ambulance**
- **7.00** **My Dream Home**
- **8.00** **Tipping Point**
- **11.00** **DIY SOS: The Bigger Build Ireland**
- **12.00** NOON **DIY SOS: Children in Need Special** From Wales.
- **1.00** PM **Tipping Point**
- **4.00** **My Dream Home**
- **6.00** **DIY SOS: The Bigger Build Ireland**
- **7.00** **DIY SOS: Children in Need Special**
- **8.00** **Pete Wicks: For Dogs' Sake**
- **9.00** **Katherine Ryan: Parental Guidance**
- **10.00** **999 Rescue Squad**
- **11.00** **Preaching Evil: A Wife on the Run with Warren Jeffs**
- **12.00** M'T **Stacey Dooley Sleeps Over**
- **12.55** AM **Property Brothers: Forever Homes**
- **2.35** **to 3.00** AM **Date Night**

+1 hour 232/233 325

U&Drama

143 116 20 158

- **7.10** AM **London's Burning**
- **8.00** **Classic Doctors**
- **9.15** **Holby City**
- **10.35** **Classic Casualty**
- **11.40** **The Bill**
- **12.40** PM **Classic EastEnders**
- **2.00** **London's Burning**
- **3.00** **Bergerac**
- **4.10** **All Creatures Great and Small**
- **5.25** **The Upper Hand**
- **6.00** **As Time Goes By**
- **6.40** **Last of the Summer Wine** Double bill.
- **8.00** **Kingdom** 6/6. A storm creates chaos. (S2)
- **9.00** **The Alienist** New episode *Requiem:* 9/10. Kreizler mourns the loss of a friend, and Cyrus is determined to seek revenge against Connor. (S1)
- **10.00** **New Tricks**
- **11.20** **Bergerac**
- **12.35** AM **Mrs Sidhu Investigates**
- **2.40** **to 4.00** AM **Holby City**

+1 hour 243 316 60

WEDNESDAY Entertainment

Really
142 128 17 145

6.00 AM **Fantasy Homes in the City** From Paris.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **A Place in the Sun**
1.00 PM **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **Celebrity Yorkshire Auction House**
6.00 **The Yorkshire Auction House**
7.00 **Antiques Road Trip**
8.00 **Celebrity Antiques Road Trip** Hayley Mills and Stephen Tompkinson look for valuable items.
9.00 **Body Bizarre** New edition The story of a man who refuses to let his neurofibromatosis define who he is. **10.00** A musician who was born with no ears.
11.00 **The Bad Foot Clinic**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Through the Keyhole**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **Through the Keyhole**
7.00 **Tenable** Warwick Davis hosts as five members of a Leicester church choir take part.
8.00 **The Chase** Double bill of the general knowledge quiz show hosted by Bradley Walsh.
10.00 **Tenable** Quiz show.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** Quiz show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.10 AM **FILM Waterloo** Drama. (1970, U) ★★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM The Tall T** Western. (1957, PG) ★★
2.50 **FILM Bad Man's River** Spaghetti Western. (1972, 12, 90min) ★
4.55 **FILM King of Texas** Western drama. (2001, PG, 90min) ★★
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 **FILM Swelter** Crime drama starring Jean-Claude Van Damme. (2013, 15, 96min) ★★
11.10 **FILM Escape Plan 3** Action thriller sequel with Sylvester Stallone. (2019, 15, 97min) ★
1.10 AM **FILM 10,000 Days** Drama with Lydia Look. (2014, 12, 87min) ★
3.10 **to 5.00** AM **Wild West Chronicles**
+1hour 324

GREAT! movies
321 425 34

9.00 AM **FILM Wandering Eye** (2011, PG) ★★
10.55 **FILM Pregnant and Alone** Drama. (2020, PG, 89min) ★★
1.00 PM **FILM Death by Friendship** Thriller. (2020, 12, 85min) ★★
2.55 **FILM My Stepfather's Secret** Thriller. (2019, 12, 84min) ★★
5.00 **FILM Gone: Finding My Daughter** Thriller. (2018, PG, 90min) ★★
7.05 **FILM Absolute Zero** Disaster movie. (2005, 12, 87min) ★
9.00 **FILM Angels & Demons** Thriller with Tom Hanks. (2009, 12, 138min) ★★
11.55 **FILM The Air I Breathe** Drama. (2007, 15) ★★
1.55 AM **FILM The Gourmet Detective: Death Al Dente** (2015, PG) ★★
4.00 **to 6.00** AM **FILM Past Sins** Crime thriller. (2006, 12, 88min) ★★
+1hour 322

GREAT! romance
319 424 52

8.10 AM **FILM Love Off the Page** Romantic drama. (2022, PG, 87min) ★★
10.15 **FILM Romantic Rewrite** Comedy. (2022, PG) ★★
12.10 PM **FILM Hometown Hero** Romantic drama. (2016, PG, 90min) ★★
2.00 **FILM Love by Accident** Romantic drama. (2020, PG, 84min) ★★
3.55 **FILM Snapshot of Love** Drama. (2022, PG) ★★
6.00 **FILM Accidentally in Love** Romantic comedy. (2021, PG, 88min) ★★
10.00 **FILM A Very Country Wedding** Drama. (2019, PG, 90min) ★★
12.00 M'T **FILM Love on Trend** Drama. (2021, PG) ★★
2.00 AM **Highway to Heaven**
2.55 **to 5.00** AM **FILM Fashionably Yours** Comedy. (2020, PG) ★★
+1hour 320 63

Rewind TV
182 95

6.00 AM **Highlights**
8.30 **Huckleberry Finn**
9.00 **Space 1999** 8/24. (S1)
10.00 **I Dream of Jeannie**
10.30 **Watching** 1/11. (S5)
11.00 **A Fine Romance** (S2)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **Fantastic Journey**
1.00 PM **Department S** (S2)
2.00 **Shine on Harvey Moon**
3.00 **Arthur C Clarke**
4.00 **Stereo Underground**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 1/11. (S5)
6.00 **I Dream of Jeannie** (S1)
6.30 **Married... With Children**
7.00 **Blue Thunder**
8.00 **The Fantastic Journey**
9.00 **Department S** (S2)
10.00 **Married... With Children**
10.30 **Drop the Dead Donkey**
11.00 **Whose Line Is It Anyway?** Comedy.
11.30 **Hammer House of Horror** 4/13. (S1)
12.30 AM **Shine on Harvey...**
1.30 **Arthur C Clarke**
2.30 **to 6.00** AM **Highlights**

DMAX
159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Gem Hunters Down Under** Double bill.
5.00 **Kindig Customs**
7.00 **Deadliest Catch** Jake and Johnathan try to join forces with their rival Keith Colburn. **8.00** Fisherman brave the Bering Sea in search of valuable king crabs.
9.00 **Building Off the Grid** A couple try to construct a double container home. **10.00** A couple plan to build a unique retreat with the help of donkeys.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **James Martin Digs Deep** Double bill.
7.00 **The Pioneer Woman**
9.00 **The Hairy Bikers' Comfort Food**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin Digs Deep**
3.00 **The Pioneer Woman**
5.00 **The Hairy Bikers' Comfort Food**
7.00 **Great British Bake Off**
8.00 **Adam Richman Eats Football** Tottenham.
8.30 **Adam Richman Eats Britain** From Lancashire.
9.00 **James Martin's Islands to Highlands**
10.00 **Last Bite Hotel** New edition The chefs create a steak feast.
11.00 **Diners, Drive-Ins and Dives** Triple bill.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 7/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 1/22. (S3)
11.00 **FILM Triassic Hunt** Action adventure. (2021, 15, 86min) ★★
1.00 PM **FILM Duel** Crime action thriller. (1971, PG, 91min) ★★★★
3.00 **FILM Mother Lode** Action adventure. (1982, 15, 101min) ★★
5.00 **Star Trek** 6/30. (S1)
6.00 **T.J. Hooker** 2/22. (S3)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Heist** Thriller starring Robert De Niro. (2015, 15, 89min) ★★★
10.55 **FILM Hamburger Hill** Wartime drama. (1987, 18, 108min) ★★★★
1.00 AM **FILM Commandos** Wartime adventure. (1968, 18, 112min) ★★
3.00 **to 4.50** AM **FILM Horror Hospital** Horror. (1973, 18, 91min) ★

Legend Xtra
317 171 69 138

6.00 AM **FILM Doomwatch** As shown at 5.00pm.
8.00 **The Gambler V: Playing for Keeps**
10.00 **Farscape** 3/22. (S1)
11.00 **FILM Meteor Apocalypse** Adventure starring Joe Lando. (2010, 15, 90min) ★
1.00 PM **The Gambler V: Playing for Keeps**
3.00 **Farscape** 3/22. (S1)
4.00 **Star Trek** 14/30. (S1)
5.00 **FILM Doomwatch** Ecological chiller starring Ian Bannen. (1972, 12, 92min) ★★★
7.00 **Farscape** 6/22. (S1)
8.00 **Star Trek** 15/30. (S1)
9.00 **FILM The Courier** Thriller with Amit Shah and Olga Kurylenko. (2019, 18, 99min) ★
11.00 **FILM The Fog** Thriller with Adrienne Barbeau. (1979, 15, 90min) ★★★
1.00 **to 3.00** AM **FILM The Courier** As 9.00pm.
+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Corridors**
11.10 **Strange Evidence**
12.10 PM **Strangest Things**
1.05 **Legends of the Pharaohs** Nefertiti.
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Alien Corridors**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Strange Evidence** New edition
10.00 **World's Most Unexplained...**
11.00 **Secrets in the Ice**
12.00 M'T **Haunted Hospitals**
1.00 AM **Alien Corridors**
2.00 **Strange Evidence**
3.00 **Hardcore Pawn**
3.25 **The Liquidator**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT
153 138 46 133

9.00 AM **The Hotel Inspector** Double bill.
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.30 **Eggheads** Quiz show.
6.00 **Ben Fogle: New Lives in the Wild** Double bill.
8.00 **Malta: The Jewel of the Med** Cameras focus on the Malta Classic Grand Prix.
9.00 **Portillo's Andalucia** Michael arrives in the ancient city of Cordoba and visits the Mesquita.
10.00 **Inside the Tower of London** Cameras focus on the Constable's Dues, a 700-year-old tradition.
11.00 **Prisoner: Cell Block H** New episodes (S4)
1.05 AM **Bargain-Loving Brits in the Sun**
3.00 **The Hotel Inspector**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
7.00 **A Place in the Sun** Danni Menzies helps a couple look for a home on Portugal's Algarve.
8.00 **Escape to the Country** A couple with a budget of £600,000 search for a rural retirement home in Wiltshire.
9.00 **Good Bones** Karen Laine puts some quirky projects into her Wilmington house.
10.00 **Home Town** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Sister Wives** The lifestyle of Kody Brown. **8.00** New edition The polygamist lifestyle of the Brown family.
9.00 **You, Me & My Ex**
10.00 **Temptation Island**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Temptation Island**
3.00 **Sex Sent Me to the ER**
4.00 **Sister Wives**
5.00 **to 6.00** AM **Extreme Cheapskates**
+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** (S2&3)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 17&18/21. (S8)
1.00 PM **Impractical Jokers**
1.25 **Friends** (S8&9)
8.00 **Friends** 11/24. Rachel returns to her work to show off her baby. **8.30** 12/24. Gavin surprises Rachel. (S9)
9.00 **Jack Whitehall Gets Around** A March 2014 performance at Wembley Arena.
11.00 **CC Live: Stand Up Shorts** Triple bill.
12.30 AM **Michael McIntyre: Showtime** Stand-up.
1.35 **Mike Judge's Beavis and Butt-Head**
2.35 **Beavis and Butt-Head**
2.50 **Rose Matafeo: Horndog**
3.35 **The Daily Show** New edition Talk show.
4.00 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
9.55 **Becker** 17&18/22. (S5)
10.50 **Friends** (S9&10)
1.05 PM **Criminally Funny**
2.35 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **New Girl** (S2&3)
5.00 **Becker** 17&18/22. (S5)
6.00 **Home Improvement**
8.00 **Last Man Standing** 17/21. Mike and Vanessa secretly invite Jen's father to her graduation. **8.30** 18/21. Joe is slighted by an online article. (S8)
9.00 **Whose Line Is It Anyway? USA**
10.00 **South Park** (S13&14)
2.00 AM **Ricky Gervais Show**
3.00 **Guessable?**
3.45 **Baddiel & Skinner Unplanned Live**
4.30 **Jimmy Carr: Being Funny** Stand-up.
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **The Equalizer**
2.00 PM **The Real A&E**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Manifest** 1/13. (S3)
6.00 **New Amsterdam** (S5)
7.00 **MacGyver** 4&5/23. (S2)
9.00 **Freddie Down Under** Andrew Flintoff and Rob Penn go snake-catching.
10.00 **For Life** *Fathers:* 13/13. Aaron is forced into attempting a desperate move. (S1)
11.00 **The Equalizer** (S3)
1.00 AM **Road Wars**
2.00 **The Russell Howard Hour** Topical comedy.
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

6.00 AM **Daria** 2/14. (S5)
6.20 **16 and Pregnant**
7.10 **Teen Mom: Young & Pregnant** Reality series.
11.00 **Catfish: The TV Show**
3.00 PM **Catfish: Wannabees**
4.00 **Catfish: The TV Show**
7.00 **Teen Mom: The Next Chapter** Reality series.
8.00 **Teen Mom UK**
9.00 **Help! I'm in a Secret Relationship!** New edition Kylee wonders why her girlfriend is hiding her.
10.00 **16 & Recovering** Shawn can't stop the cycle of addiction and detox.
11.00 **The Challenge: Battle of the Eras** New edition Legends clash in a mix of fights and strategy.
12.30 AM **Ridiculousness** New edition Featuring people who hate the holidays in 'Holiday Rage'.
1.00 **Ink Master** Double bill.
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Gold Rush** Parker goes ditch digging on his claim. **4.00** Rick's season is riding on a move to a new cut.
5.00 **Deadliest Catch** Wild Bill enlists Jake's diver to attempt a risky underwater repair.
6.00 **Wheeler Dealers** Mike spots a cheap Maserati 4200GT.

7.00 Salvage Hunters

7.00 Salvage Hunters Salvage hunter Drew Pritchard and his sidekick Tee face a potentially almighty shopping spree.

8.00 Kindig Customs The shop hits the road, with Will and Dave's cousin Brad giving their views on the cars they come across.

9.00 Jade Fever New editions Claudia comes up with new ways to make money. **9.30** A couple who own a large jade mining chain.

10.00 Gold Rush: White Water A mysterious white boulder dubbed 'Moby' could be the gateway to more monster nuggets.

11.00 Gold Divers Part two of two. Kris stays laser-focused on his mission while brother Andy struggles aboard the *All-In*.
12.00 M'T **Street Outlaws**
1.00 AM **Jade Fever** Double bill.
2.00 **Gold Rush: White Water**
3.00 **Iron Resurrection**
4.00 to 5.00 AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Insane Pools: Off the Deep End** Eco-friendly pools.
9.00 **Crikey! It's the Irwins**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Insane Pools: Off the Deep End** A palatial pool.
1.00 PM **Amanda to the Rescue**
2.00 **Crikey! It's the Irwins**
4.00 **Dr Jeff: Rocky Mountain Vet** A puppy suffering from a virus. **5.00** Dr Jeff treats a dog with a mysterious injury.
6.00 **Insane Pools: Off the Deep End** Lucas Congdon and his crew build a private river.

9.00 Blue Serengeti

7.00 Crikey! It's the Irwins After historical wildfires strike Australia, the Irwins race to rescue as many animals as possible.

8.00 Sharks vs Dolphins: Face Off Scientists attempt to understand the relationship between sharks and dolphins.

9.00 Blue Serengeti Shark expert Barbara Block gives a portrait of three shark hotspots located off the coast of California.

10.00 Alaska: The Last Frontier Otto surveys the condition of his barge, while Eivin and Eve use clear land for a cellar.

11.00 The Aquarium The African penguin colony welcome their newest additions. **12.00** M'T A new exhibit featuring rare albino alligators.
1.00 AM **Alaska: The Last Frontier**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 to 5.00 AM **Insane Pools: Off the Deep End**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Airport Security: Peru**
12.00 NOON **Car S.O.S**
1.00 PM **Construction Fails**
2.00 **Air Crash Investigation**
3.00 **Draining the North Sea: Submarines at War**
4.00 **Disaster Autopsy**
5.00 **Car S.O.S** Tim and Fuzz take on a 1973 Hillman Imp.
6.00 **Air Crash Investigation** A look at the worst aviation disaster in Sumatra's history.

8.00 Inside the SS

7.00 Air Crash Investigation Investigators examine the case of a flight that disappeared from radar while headed for Angola.

8.00 Inside the SS Part one of two. Documentary about Hitler's private army, which aspired to become part of a racial elite.

9.00 Inside the SS Part two of two. A look at the role of the SS in the Holocaust, with many volunteering to run the death camps.

10.00 21st Century Sex Slaves Investigators and a special forces unit try to hunt down a notorious sex trafficking ring.

11.00 Air Crash Investigation A mid-air collision over Brazil.
12.00 M'T **No Man Left Behind**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Bid & Destroy**
3.20 **Food Factory** Double bill.
4.10 to 5.00 AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **The Great British Dig: History in Your Back Garden**
7.45 **Flipping Bangers**
8.45 **Forged in Fire**
9.35 **Storage Wars**
12.00 NOON **World's Greatest Treasure Mysteries**
1.00 PM **Flipping Bangers**
2.00 **WWII Battles in Colour**
3.00 **Harlem Hellfighters**
4.00 **Pawn Stars** Four editions.
6.00 **American Pickers** The owner of an automotive boneyard is in the mood to sell.

9.00 The Curse of Oak Island

7.00 Forged in Fire Two more intense one-on-one battles rage as the smiths forge a gladiator favourite – the deadly Sica.

8.00 The Great British Dig: History in Your Back Garden William the Conqueror's lost Priory in Lenton, Nottingham.

9.00 The Curse of Oak Island New edition Radar detects what could be the elusive offset chamber in the Money Pit.

10.00 Tales from Oak Island New edition A look at a former US slave's connection to a 229-year-old treasure mystery.

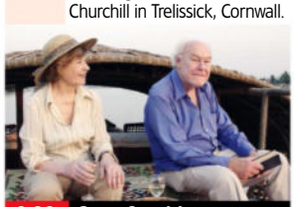
11.00 The UnBelievable with Dan Aykroyd The eccentric and strange innovations that have graced the battlefield.
12.00 M'T **Pawn Stars** Four editions.
2.00 AM **Mountain Men**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 to 6.00 AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **The Buildings That Fought Hitler** Documentary.
11.00 **World War Weird**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash**
4.00 **WW2 – Frontlines**
5.00 **World War Weird**
6.00 **Antiques Roadshow** The team value rarities including a bust of Winston Churchill in Trelissick, Cornwall.



9.00 Great Canal Journeys

7.00 Canal Boat Diaries Robbie Cumming sets out to explore the meandering waterways of inner-city Birmingham.

8.00 Canal Boat Diaries Robbie Cumming discovers a mysterious message in a bottle on the Ashby Canal.

9.00 Great Canal Journeys: India The first of two programmes in which Timothy West and Prunella Scales explore India.

10.00 Bangers & Cash Paul and Charlie have the rare chance to pick up a trio of iconic Austin Healeys in varying conditions.

11.00 Abandoned Engineering An edition featuring structures and sites immortalised in famous Hollywood movies.
12.00 M'T **Great American Railroad Journeys** A journey through New Mexico and Arizona.
1.00 to 3.00 AM **Secrets of the London Underground**

+1 hour 255 329

Wednesday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Salvage Hunters**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Salvage Hunters** Drew Pritchard scours more UK sites for scrap items. **9.00** New edition Drew snaps up a rare pair of console tables in Sherborne.
10.00 **The Repair Shop** A chair used during the investiture ceremony of the Prince of Wales in 1969 is restored.
11.00 **Wheeler Dealers** Mike finds an Astra GTE. **12.00** M'T A custom bus.
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 to 5.00 AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Triple bill.
11.00 **Say Yes to the Dress: UK** Double bill.
12.00 NOON **Murder Comes to Town** Julie Heath.
1.00 PM **Evil Lives Here**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** Puppy traders.
4.00 **American Monster**
6.00 **The Murder Tapes** The case of Milwaukee club owner Donald Lewis.
7.00 **Faking It: Tears of a Crime** Chris Parker.
8.00 **Murder on CCTV**
10.00 **Deadly Women**
11.00 **True Conviction**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 to 4.00 AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** An organised crime gang try to swindle £13million.
8.00 **Inside Crime** The case of Ivan Milat, Australia's most prolific serial killer.
9.00 **Forensic Factor** New edition A detailed look at the investigation of a high-profile crime.
10.00 **Murder by the Sea** New edition A look at the deadly tales from the coastlines of the UK.
11.00 **Evidence of Evil** Digital forensics and traditional police work manage to stop a killer in his tracks.
12.00 M'T **48 Hours** A top Olympic competitor's fall from grace.
1.00 AM **Forensic Factor**
2.00 **Murder by the Sea**
3.00 **Medical Detectives**
4.00 to 6.00 AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Bloodline Detectives**
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives**
4.00 **Medical Detectives** A look at a case involving an abandoned car in Philadelphia. **4.30** A look at the death of a Presbyterian minister's wife. **5.00** The disappearance of a teenage girl who vanished while returning from a concert. **5.30** The case of a young dancer who vanished without a trace. **6.00** A look into the poisoning of businessman Phillip Rouss Jr. **6.30** The truth behind the disappearance of a six-year-old girl is revealed 10 years later.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 to 6.00 AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Motorbike Cops**
7.00 **Road Wars**
8.00 **Stop, Search, Seize**
9.00 **Nothing to Declare**
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **Killer Siblings**
1.00 PM **Killer in My Village**
2.00 **An Unexpected Killer**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer Siblings**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **The Real Manhunter**
10.00 **Killing Mum and Dad**
11.00 **How I Caught the Killer**
12.00 M'T **Most Evil Killers**
1.00 AM **Murders That Shocked the Nation**
2.00 **Snapped** Documentary.
3.00 **Britcam: Emergency on Our Streets**
4.00 **Brit Cops**
5.00 to 6.00 AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Rise of the Clans**
9.30 **Immortal Egypt...**
10.50 **Messages Home: Lost Films of the British Army** Documentary.
11.50 **The Hidden Side of World War II**
1.00 PM **Rise of the Clans**
2.15 **Immortal Egypt with Joann Fletcher**
3.35 **Messages Home: Lost Films of the British Army** Documentary.
4.35 **The Hidden Side of World War II**
5.50 **Rise of the Clans**
7.10 **Immortal Egypt with Joann Fletcher**
8.25 **Messages Home: Lost Films of the British Army** Documentary.
9.30 **The Hidden Side of World War II**
10.45 **Immortal Egypt with Joann Fletcher**
12.00 M'T **Messages Home: Lost Films of the...**
1.05 to 2.00 AM **America the Bountiful**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

WEDNESDAY

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Mission to Burnley**
7.00 **Discovering: Jeff Bridges**
8.00 **The Directors**
9.00 **The Seventies**
10.00 **Kingdom of Dreams**
11.00 **Burden of Proof: Who Killed...**
12.00 NOON FILM **Man on Wire** Oscar-winning documentary. (2007, 12, 93min) ★★★★
2.00 PM FILM **The Fog of War** Oscar-winning documentary. (2003, PG, 107min) ★★★
4.00 **The Directors**
5.00 **Discovering: Jeff Bridges**
6.00 **The Seventies**
7.00 **Kingdom of Dreams**
8.00 **Burden of Proof: Who Killed Jennifer Pandos?**
9.00 NEW **King of the Apocalypse** Democrat Dakota Adams explores the American right-wing militia movement.
11.00 **An American Bombing: The Road to April 19th**
1.00 AM **Kings of Coke**
2.45 **Look Away** Documentary.
4.30 **PL Legends: Michael Owen**
5.00 **to 6.00** AM **Discovering: Jeff Bridges**

Sky Nature

124/125 822 189 354 369

6.00 AM **Wild Dogs: Running with the Pack** Double bill.
7.00 **Monkey Life**
8.00 **Great Blue Wild**
9.00 **Living Beach**
10.00 **The Wadden Sea**
11.00 **Orangutan Jungle School**
12.00 NOON **Surviving the Amazon**
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Living Beach**
4.00 **The Wadden Sea**
5.00 **Gangs of Baboon Falls**
6.00 **Surviving the Amazon**
7.00 **Monkey Life** Double bill.
8.00 **Extreme Africa**
9.00 **Ireland's Wild Islands with Eoin Warner** Eoin visits a native woodland on Clare Island.
10.00 **Surviving the Amazon**
11.00 **Gangs of Baboon Falls**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Reef Wrecks**
2.00 **Extreme Africa**
3.00 **Ireland's Wild Islands with Eoin Warner** As 9.00pm.
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Living Beach**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Trains**
9.00 **The Abyss: Rise & Fall of...**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Britain's Most Historic Towns** Georgian Bristol.
2.00 **Secrets of Great British Castles** Cardiff Castle.
3.00 **The Abyss: Rise & Fall of the Nazis** Operation Reinhardt.
4.00 **Combat Ships**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Craig Charles: UFO Conspiracies** UFO encounters 'covered up' by the Pentagon.
8.00 **Behind History**
9.00 **Evil Genius with Russell Kane**
10.00 **Hitler's Secret Bomb**
11.00 **The Secret Nazi Expeditions**
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Most Historic Towns** Civil War Oxford.
3.00 **Walking Through History**
4.00 **Weird or What? With William Shatner** Medical mysteries.
5.00 **to 6.00** AM **Craig Charles: UFO Conspiracies**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Murdertown**
10.00 **Accident, Suicide or Murder?**
11.00 **Imperfect Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **Real Murders of Atlanta**
2.00 **City Confidential**
3.00 **Killer Britain with Dermot Murnaghan** Mark Martin.
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **The First 48**
8.00 **Accident, Suicide or Murder?** New edition Documentary.
9.00 **Green Eyed Killers** New edition Focusing on the story of Emmett Corrigan.
10.00 **Secrets of Penthouse**
11.00 **Homicide Hunter**
12.00 M'T **Buried in the Backyard**
1.00 AM **Green Eyed Killers**
2.00 **Secrets of Penthouse**
3.00 **City Confidential**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Shark Men**
10.00 **Heartland Docs**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Wild Australia: Fierce Families, Tough Terrain**
3.00 **Borneo's Secret Kingdom**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Yukon Vet** Dr Oakley takes part in a race pitting human runners against reindeer.
8.00 **China's Wild Empire** Clans of golden snub-nosed monkey in Shennongjia National Park. **9.00** A mother elephant teaches her calf how to survive.
10.00 **World's Deadliest**
11.00 **Snakes in the City**
12.00 M'T **Last of the Giants: Wild Fish** Documentary.
1.00 AM **World's Deadliest**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Aircrash Unsolved: The Mystery of Helios 522**
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Cooper's Treasure**
5.00 **Mysteries at the Museum**
7.00 **Alien Highway**
8.00 **Aircrash Unsolved: The Mystery of Helios 522** An examination of the 2005 crash of Helios Flight 522, Greece's worst air disaster, which claimed the lives of 121 people after a loss of cabin pressure.
9.00 **Combat Dealers**
10.00 **Shed and Buried**
11.00 **World's Greatest Motorcycle Rides** 2/2. New Zealand.
12.00 M'T **Cooper's Treasure**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
5.00 **The Bill** Double bill.
7.00 **Pointless** Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Cutting It** 4/6. Allie decides to confront her mortality, taking comfort in her relationship with Gavin and learning to skateboard in an attempt to control her fears. However, her family still holds out hope she might be successfully treated and uses Liam's celebrity connections to drum up support. Guest stars Terry Christian.
10.20 **The Bill** *Public and Confidential:* 8/12. A Polish sailor seeks political asylum at the station. **11.20** *Loan Shark:* 9/12. After being caught shoplifting, a young mother tells Cryer she is in debt to a loan shark. (S2)
12.20 AM **Pointless** Double bill.
2.15 **Cutting It** As 9.00pm.
3.20 **to 6.00** AM **Abandoned Engineering**

+1 hour 266 376

ID

154 166

8.00 AM **The Perfect Murder**
9.00 **Swamp Murders**
11.00 **Deadline: Crime with Tamron Hall** Double bill of editions.
1.00 PM **I'd Kill for You**
3.00 **Who the (Bleep) Did I Marry?**
5.00 **The Object of Murder**
7.00 **Homicide City: Charlotte** The rape and murder of mother-of-two Kenyadda Patterson, whose body was discovered near a church. **8.00** In 1979, bar manager Harriet Simmons disappeared and almost a decade later so did Jerri Ann Jones. It took detectives almost 20 years to link the two murders.
9.00 **Hostage 911** A deranged man holds his wife and child hostage.
10.00 **High Speed Chase**
11.00 **Homicide Hunter: Never Give Up** The rape and murder of young GI Darlene Krashoc.
1.00 AM **Most Evil**
2.00 **The Object of Murder**
4.00 **to 6.00** AM **Homicide City: Charlotte**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Kindig Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's Big** Richard explores some of the world's biggest structures, machines and vessels.
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Big**
8.00 **Roadworthy Rescues**
9.00 **Kindig Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

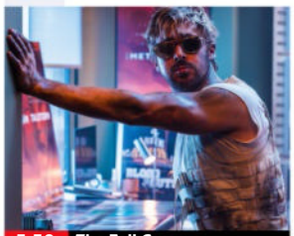
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **Twilight of the Warriors: Walled In** Hong Kong martial arts action thriller. Subtitled. (2024, 15, 126min) ★★★
8.15 **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★
10.10 **The Fall Guy** As 5.50pm.
12.20 PM **Bad Boys: Ride or Die**
2.20 **Kill** As shown at 10.00pm.
4.00 **Parachute** Comedy drama. (2023, 15, 108min) ★★★★
5.50 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★



5.50 The Fall Guy

8.00 Bad Boys: Ride or Die Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

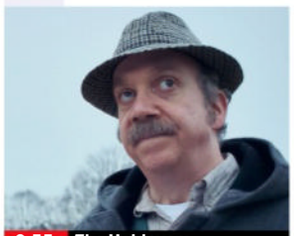
10.00 Kill Thriller starring Daniel Portman. Three brothers return to the remote woodland where they killed their abusive father, only to discover his grave is now empty. (2023, 15, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Convert** Action drama. (2024, 15, 119min) ★★★★
1.45 AM **Get Away** Comedy horror. (2024, 15, 86min) ★★★★
3.25 **Problemista** Offbeat comedy. (2024, 15, 104min) ★★★
5.15 **to 6.50** AM **The 4:30 Movie** Comedy starring Austin Zajur. (2024, 15, 84min) ★★★

Sky Cinema Hits

303 403 503 517

7.20 AM **Shazam! Fury of the Gods** (2023, 12) ★★★
9.35 **Transformers: Rise of the Beasts** Fantasy prequel. (2022, 12, 127min) ★★★
11.45 **The Mummy** Adventure. (1999, 15, 124min) ★★★★
1.50 PM **The Mummy Returns** Action adventure sequel. (2001, 12, 129min) ★★★★
4.00 **The Book of Clarence** (2023)
6.10 **Asteroid City** Sci-fi comedy. (2023, 12, 105min) ★★★★



9.55 The Holdovers

8.00 Blithe Spirit Comedy starring Isla Fisher, Dan Stevens and Leslie Mann. A spiritualist medium holds a seance for a writer, but accidentally summons the spirit of his deceased first wife. (2020, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 The Holdovers Comedy drama starring Paul Giamatti. A cranky teacher at a remote prep school is forced to remain on campus over the holidays with a student. With Da'Vine Joy Randolph and Dominic Sessa. (2023, 15, 133min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Book of Clarence** Comedy with LaKeith Stanfield. (2023, 15, 129min) ★★★
2.25 **No Hard Feelings** Comedy. (2023, 15, 103min) ★★★
4.10 **to 6.00** AM **Allelujah** Comedy drama with Jennifer Saunders. (2022, 12, 99min) ★★★

Sky Cinema Drama

310 410 510 524

7.40 AM **Field of Dreams** Fantasy. (1989, PG, 106min) ★★★★★
9.30 **Mass** As shown at 1.40am.
11.25 **All That Jazz** Musical fantasy. (1979, 15, 123min) ★★★
1.40 PM **Miss Potter** Biopic. (2006, PG, 93min) ★★★
3.30 **Ghost** Romantic fantasy thriller. (1990, 12, 127min) ★★★★
5.40 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★

8.00 **P.S. I Love You** Romantic comedy drama based on the novel by Cecelia Ahern, starring Hilary Swank and Gerard Butler. (2007, 12, 121min) ★★★
10.10 **Save the Last Dance** Romantic dance drama starring Julia Stiles and Sean Patrick Thomas. (2001, 12, 113min) ★★★
12.05 AM **Save the Last Dance 2** Romantic dance drama sequel starring Izabella Miko, Columbus Short and Jaqueline Bisset. (2006, 12, 90min) ★★

1.40 **Mass** Drama starring Jason Isaacs and Martha Plimpton. (2021, 12, 111min) ★★★★★
3.35 **Summit Fever** Thriller starring Ryan Phillippe and Hannah New. (2022, 15, 115min) ★★
5.35 **to 7.35** AM **Carmen** Musical. (2022, 15, 116min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.30 AM **Doom** As 3.00am.
9.25 **Resident Evil: Apocalypse**
11.05 **The Nun** Horror starring Taissa Farmiga. (2018, 15, 96min) ★★★
12.55 PM **The Lawnmower Man** Sci-fi thriller starring Pierce Brosnan. (1992, 15, 105min) ★★★
3.30 **War of the Worlds** Steven Spielberg's sci-fi adventure thriller starring Tom Cruise. (2005, 12, 116min) ★★★★

5.35 **Star Trek The Motion Picture** Sci-fi adventure starring William Shatner. (1979, U, 132min) ★★★
8.00 **I Am Legend** Sci-fi thriller with Will Smith and Alice Braga. (2007, 15, 101min) ★★★★
9.55 **Interstellar** Sci-fi drama starring Matthew McConaughey, Anne Hathaway and Michael Caine. A spacecraft goes in search of a new home for the human race before a devastated Earth becomes uninhabitable. (2014, 12, 166min) ★★★★

12.55 AM **Dorian Gray** Gothic horror starring Ben Barnes and Colin Firth. (2009, 15, 112min) ★★★
3.00 **Doom** Sci-fi horror thriller. (2005, 15, 105min) ★★★
5.00 **to 6.45** AM **Resident Evil: Apocalypse** Sci-fi horror thriller sequel. (2004, 15, 94min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.00 AM **A Tiger's Tail** As 1.00am.
8.30 **Mary and the Witch's Flower**
10.25 **Robo-Dog** As 4.20am.
12.05 PM **Twins** As 11.05pm.
2.05 **The Smurfs** Family adventure. (2011, U, 103min) ★★
4.00 **The Smurfs 2** Adventure sequel. (2013, U, 104min) ★★
5.55 **The Wizard of Oz** Fantasy. (1939, U, 98min) ★★★★★
7.40 **Journey to the Center of the Earth** Family adventure. (2008, PG, 92min) ★★

5.55 The Wizard of Oz

Journey to the Center of the Earth (film started at 7.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **Journey 2: The Mysterious Island** Fantasy adventure sequel starring Dwayne Johnson, Michael Caine and Josh Hutcherson. (2012, PG, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Twins** Action comedy. (1988, PG, 107min) ★★★
1.00 AM **A Tiger's Tail** Family drama. (2014, U, 81min) ★★★
2.30 **Mary and the Witch's Flower** Animated family adventure. (2017, U, 99min) ★★★
4.20 **Robo-Dog** Sci-fi adventure. (2015, PG, 87min) ★★★
5.55 **to 7.35** AM **Goosebumps 2: Haunted Halloween** Comedy sequel with Madison Iseman. (2018, PG, 86min) ★★

Sky Cinema Stunts

307 407 507 521

6.25 AM **The Cinema List: Fast Cars**
6.45 **Game of Death II** As 12.50am.
8.25 **Once Upon a Time in China**
10.50 **Hulk** Sci-fi fantasy with Eric Bana. (2003, 12, 138min) ★★★
1.10 PM **Baby Driver** Action thriller. (2017, 15, 113min) ★★★★
3.10 **Wonder Woman** Fantasy. (2017, 12, 121min) ★★★★
5.40 **Once Upon a Time in China** Hong Kong martial arts adventure with Jet Li. Subtitled. (1991, 15, 120min) ★★★★★

8.00 The Amazing Spider-Man

8.00 **The Amazing Spider-Man** Fantasy adventure starring Andrew Garfield and Emma Stone. A nerdy New York teenager becomes a vigilante crime-fighter after a bite from a genetically modified spider gives him special powers. With Rhys Ifans. (2012, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **The Amazing Spider-Man 2** Adventure sequel with Andrew Garfield. The superhero battles a foe with electrical powers. (2014, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Game of Death II** Hong Kong martial arts adventure starring Bruce Lee. Subtitled. (1980, 18, 96min) ★★★
2.35 **Oldboy** South Korean revenge thriller. Subtitled. (2003, 18, 120min) ★★★★
4.40 **to 6.25** AM **Sisu** Thriller. (2022, 15, 88min) ★★★

Sky Cinema Comedy

308 408 508 522

7.10 AM **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★
9.15 **Along Came Polly** Comedy. (2003, 12, 90min) ★★★
10.55 **Mean Girls** As 9.45pm.
12.55 PM **Earth Girls Are Easy** Musical. (1988, PG) ★★★
2.40 **Dear Elizabeth** As 11.40pm.
4.15 **Gremlins 2: The New Batch** Horror comedy sequel. (1990, 12, 107min) ★★★
6.10 **Ride Along** Police comedy. (2014, 12, 97min) ★★

6.10 Ride Along

8.00 **Ride Along 2** Crime comedy sequel starring Ice Cube and Kevin Hart. A beat cop is recruited by his fiancée's detective brother to help bring a drug dealer to justice. (2016, 12, 102min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

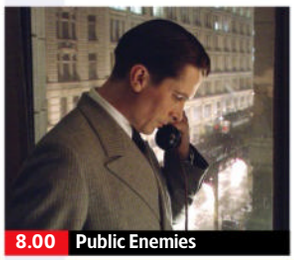
9.45 **Mean Girls** Musical adaptation of the 2004 cult teen comedy, starring Angourie Rice, Renee Rapp, Auli'i Cravalho and Tina Fey, who also wrote the screenplay. (2023, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Dear Elizabeth** Comedy. (2020, 12, 98min) ★★★
1.15 AM **The Brady Bunch Movie** Comedy starring Shelley Long. (1995, 12, 89min) ★★★
2.55 **The Boss** Comedy starring Melissa McCarthy and Kristen Bell. (2015, 15, 89min) ★★★
4.40 **to 6.20** AM **Relax, I'm from the Future** Sci-fi comedy. (2023, 15, 94min) ★★★

Sky Cinema Crime

309 409 509 523

6.40 AM **Swordfish** Action thriller. (2001, 15, 99min) ★★★
8.20 **Zero Dark Thirty** Kathryn Bigelow's fact-based drama. (2012, 15, 157min) ★★★★★
11.00 **Bad Boys II** Action comedy sequel. (2003, 15) ★★★
1.30 PM **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★
3.45 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★
5.45 **Blackhat** Crime drama. (2015, 15, 128min) ★★★★


8.00 Public Enemies

8.00 **Public Enemies** Gangster biopic starring Johnny Depp as 1930s bank robber John Dillinger, whose freewheeling crime spree across America's Midwest during the Depression turned him into a folk hero. With Christian Bale and Marion Cotillard. (2009, 15, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Law Abiding Citizen** Thriller starring Jamie Foxx. (2009, 18, 109min) ★★
2.15 **Nightcrawler** As 3.45pm.
4.15 **to 6.00** AM **Jericho Ridge** Thriller with Nikki Amuka-Bird. (2023, 15, 87min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Man in the Saddle** Western. (1951, PG) ★★★
12.45 PM **Footsteps in the Fog** Thriller. (1955, PG) ★★★
2.35 **Nicholas Nickleby** Charles Dickens adaptation. (1947, b/w, U, 103min) ★★★★
4.45 **The Frogmen** Adventure. (1951, b/w, U, 96min) ★★★
6.40 **CutThroat Island** Swashbuckling adventure. (1995, PG, 123min) ★★

9.00 Never Grow Old

CutThroat Island (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Never Grow Old** Western starring Emile Hirsch. An Irish undertaker profits when outlaws take over a peaceful American frontier town, but his family comes under threat. With John Cusack and Danny Webb. (2019, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Taken** Action thriller starring Liam Neeson, Maggie Grace and Famke Janssen. A divorced ex-spy tries to rescue his abducted daughter from a gang of sex traffickers in Paris. (2008, 18, 90min) ★★★★
12.55 **to 3.50** AM **A Cure for Wellness** Psychological thriller starring Dane DeHaan. (2017, 18, 141min) ★★★★

+1hour 314 430 47 301

8 PM
9 PM
10 PM
11 PM

Sky Cinema Feel Good

302 402 502 516

7.05 AM **The Machine** As 1.45am.
9.10 **The Blind Side** Fact-based drama starring Sandra Bullock. (2009, 12, 129min) ★★★
11.25 **Patch Adams** Fact-based comedy drama starring Robin Williams. (1998, 12, 115min) ★★
1.25 PM **Daddy Day Care** Comedy. (2003, PG, 92min) ★★★
3.00 **Step Brothers** Comedy. (2008, 15, 98min) ★★★★
4.50 **Hot Rod** Action comedy. (2007, 12, 84min) ★★★★
6.25 **Daddy Day Camp** Comedy sequel. (2007, PG, 88min) ★★
8.00 **Girls Trip** Comedy with Regina Hall, Queen Latifah, Tiffany Haddish and Jada Pinkett Smith. Four old friends reconnect for a wild weekend in New Orleans. (2017, 15, 122min) ★★
10.05 **The Edge of Seventeen** Coming-of-age comedy drama starring Hailee Steinfeld. (2016, 15, 104min) ★★★★
12.00 M'T **Bad Neighbours** Comedy. (2014, 15, 93min) ★★★
1.45 AM **The Machine** Action comedy. (2023, 15, 112min) ★★★
3.40 **Blithe Spirit** Comedy. (2020, 12, 95min) ★★★
5.25 **to 7.10** AM **What If** Romantic drama. (2013, 15, 98min) ★★★★

Sky Cinema Greats

304 404 504 518

6.55 AM **When Tomorrow Comes**
8.45 **Jerry Maguire** As 1.40am.
11.05 **Forrest Gump** Whimsical fable. (1994, 12, 136min) ★★★★
1.35 PM **The Shawshank Redemption** Prison drama. (1994, 15, 142min) ★★★★★
4.00 **Philadelphia** Legal melodrama. (1993, 12, 122min) ★★★★
6.15 **Holiday Inn** Musical comedy. (1942, b/w, U, 101min) ★★★★
8.00 **Annie** Musical starring Albert Finney and Aileen Quinn. An orphaned little girl changes the life of a munitions billionaire. (1982, U, 128min) ★★★
10.10 **The Breakfast Club** John Hughes' comedy drama starring Emilio Estevez, Molly Ringwald, Ally Sheedy, Anthony Michael Hall and Judd Nelson. (1984, 15, 97min) ★★★★★
11.50 **When Tomorrow Comes** Drama starring Charles Boyer. (1939, PG, 92min) ★★★
1.40 AM **Jerry Maguire** Comedy drama starring Tom Cruise. (1996, 15, 139min) ★★★★
4.05 **The Cinema List: Biopic**
4.35 **to 6.50** AM **It's a Wonderful Life** Frank Capra's classic fantasy starring James Stewart. (1946, b/w, U, 125min) ★★★★★

Sky Cinema Animation

305 412 500 514

7.20 AM **Monster Family** Animated comedy. (2017, PG, 96min) ★★
9.05 **Arthur Christmas** As 5.50pm.
10.50 **Monster Family 2** Animated comedy sequel with the voice of Jason Isaacs. (2021, U, 90min) ★
12.45 PM **Mary and the Witch's Flower** As shown at 10.55pm.
2.35 **Batman Unlimited: Mechs vs Mutants** Animated adventure. (2016, PG, 72min) ★★★
4.00 **The Lego Batman Movie** Animated comedy adventure. (2017, U, 104min) ★★★★
5.50 **Arthur Christmas** Aardman Animations comedy featuring the voice of James McAvoy. (2011, U, 93min) ★★★★
7.35 **Storks** Animated adventure with the voice of Andy Samberg. (2016, U, 87min) ★★★
9.10 **Paws of Fury: The Legend of Hank** Animated family comedy featuring the voice of Michael Cera. (2022, PG, 98min) ★★★
10.55 **Mary and the Witch's Flower** Animation. (2017, U) ★★★
12.45 AM **The Lego Batman Movie**
2.35 **Batman Unlimited: Mechs vs Mutants** As shown at 2.35pm.
4.00 **Storks** As shown at 7.35pm.
5.35 **to 7.20** AM **Paws of Fury: The Legend of Hank** As 9.10pm.

Movies 24

312 419

7.00 AM **A Snapshot of Forever** Comedy. (2022, PG, 86min) ★★
9.00 **A Very Venice Romance** Romantic comedy drama. (2023, PG, 84min) ★★
11.00 **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
1.00 PM **An Easter Bloom** Drama. (2024, PG, 84min) ★★
3.00 **A Honeymoon to Remember** Drama. (2021, PG, 85min) ★★
5.00 **Been There All Along** Romantic drama, starring Marlie Collins. (2023, PG, 89min) ★★
7.00 **Junebug** Fantasy drama starring Autumn Reeser and Mila Jones. A book editor is inspired to get her life in order when she experiences visions of her eight-year-old self. (2024, PG, 84min) ★★
9.00 **Aurora Teagarden Mysteries: Til Death Do Us Part** Crime drama with Candace Cameron Bure. (2021, PG, 85min) ★★
11.00 **Love, Classified** Drama. (2022, PG, 90min) ★★
1.00 AM **Retreat to You** Romantic drama. (2023, PG, 90min) ★★
3.00 **to 5.00** AM **Planning for Joy** Comedy. (2022, PG, 86min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Amos Burke, Secret Agent**
7.00 **The Cuckoo Patrol** Musical. (1967, b/w, U, 75min) ★★★
8.30 **One Step Beyond** 23/39. (S2)
9.05 **The Great Game** Satirical drama. (1953, b/w, U, 80min) ★★★
10.40 **Dance Little Lady** Melodrama. (1954, PG, 87min) ★★
12.30 PM **House of Blackmail** Thriller. (1953, b/w, U, 72min) ★★
1.55 **The Brothers** 7/13. (S3)
3.00 **Seven Alone** Fact-based drama. (1974, PG, 100min) ★★★
5.00 **The Life and Legend of Wyatt Earp** 25/33. (S1)
5.30 **The Adventures of Jim Bowie**
6.00 **The Texan** 25/37. (S1)
6.30 **The Road to D-Day**
7.00 **Z Cars** 15/31. (S10)
8.00 **Manhunt** 8/26. The fugitives hide out at Christmas with an old friend of Vincent's. (S1)
9.05 **Maigret** 6/6. A murder occurs in an inn where Maigret is staying. Subtitled. (S4)
11.00 **Crime Story**
12.05 AM **Maigret** 13/13. (S3)
1.10 **Gilda** Romantic film noir thriller. (1946, b/w, PG, 110min) ★★★★
3.25 **The Thief** Cold War spy thriller. (1952, b/w, PG, 86min) ★★
5.10 **Glimpses: Arctic Highway**
5.30 **to 6.00** AM **Richard Diamond**

Wednesday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.00 **My Icon** Kadeen Corbin.
8.10 LIVE **Big Bash League** Coverage of the knockout match, which sees the third and fourth-placed teams compete for a place in the challenger play-off.
11.30 **The Football Show**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
3.00 LIVE **SA20 Sunrisers Eastern Cape v Pretoria Capitals.** Coverage of the T20 match from St George's Park Cricket Ground.
7.30 LIVE **EFL Plymouth Argyle v Burnley.** Coverage of the Championship match staged at Home Park. Kick-off **8.00pm**.
10.30 LIVE **PGA Tour Golf** Coverage of the opening day's play of the Farmers Insurance Open staged at Torrey Pines in California.
12.00 M'T **Sky Sports News**
2.00 AM **My Icon** Linford Christie.
2.15 LIVE **ICC U19 Women's World T20 Malaysia v West Indies.** Coverage of the Group A match staged at Bayuemas Oval.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
8.00 **SNF** Recent action.
9.00 **Premier League Highlights**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **Premier League Highlights**
2.30 **SNF** Action from Arsenal v Aston Villa in the Premier League.
3.00 **Premier League Highlights**
4.00 **SNF** Everton v Tottenham Hotspur. **4.30** Highlights from Ipswich Town v Manchester City.
5.00 **The Transfer Show**
5.30 **Premier League Review** A look back at recent fixtures.
6.30 **Premier League Stories**
7.00 **Gillette Labs Soccer Special** Updates on today's games.
10.15 **Premier League Stories** The life and legacy of former Arsenal player Jose Antonio Reyes.
10.45 **Sticker Book: Bruno Fernandes**
11.00 **Premier League Years** Classic games and infamous blunders from the 1992/93 season.
1.00 AM **PL Retro** Manchester City v Manchester United from 2018.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **EFL Greatest Games**
10.00 **EFL Cup** The 2017 final.
11.00 **EFL** A 2008/09 play-off final.
12.00 NOON **EFL** Millwall v Cardiff.
2.00 PM **Bundesliga Highlights Show** The latest round of fixtures.
3.00 **WSL** Action from Manchester City v Manchester United.
3.30 **EFL Highlights** Championship.
5.00 **WSL** Action from Liverpool v Brighton & Hove Albion.
5.30 **EFL Highlights**
7.00 **WSL** Action from Manchester City v Manchester United.
7.30 LIVE **EFL Plymouth Argyle v Burnley.** Coverage of the Championship match staged at Home Park. Plymouth endured a disappointing first half of the season, which saw them part company with manager Wayne Rooney. Meanwhile, Burnley are looking to push for promotion back to the Premier League and won 1-0 when the teams met in October. Kick-off is at **8.00pm**.
10.30 **EFL Highlights**
12.00 M'T **EFL** The 2019/20 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **Retro League One**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Women's ICC World T20**
7.00 **Best of Jimmy Anderson: 500th Wicket** From 2017.
7.10 **Big Bash League**
8.10 LIVE **Big Bash League** Coverage of the knockout match, which sees the third and fourth-placed teams compete for a place in the challenger play-off, with the losing team being eliminated from the play-offs entirely.
11.30 **ICC Women's World Cup 2017**
12.00 NOON **Big Bash League**
1.00 PM **Women's ICC World T20**
2.00 **Big Bash League**
3.00 LIVE **SA20 Sunrisers Eastern Cape v Pretoria Capitals.** Coverage of the T20 match from St George's Park Cricket Ground.
7.30 **Women's ICC World T20**
8.00 **Big Bash League**
9.00 **SA20** Recent highlights.
11.00 **Big Bash League**
12.00 M'T **Women's ICC World T20**
1.30 AM **Women's World Cup 2017**
1.45 **Women's ICC World T20**
2.15 LIVE **ICC U19 Women's World T20 Malaysia v West Indies.** The Group A match.
5.30 **to 6.00** AM **The Best of the Big Bash League**

Sky Sports Golf

405 515 505 423 443

6.00 AM **DP World Tour Golf**
7.00 **The Open Zone** Women's Open.
7.30 **LPGA Tour Golf**
8.30 **US Women's Open Golf**
9.30 **TGL** New York v Atlanta Drive.
11.30 **DP World Tour Golf**
12.00 NOON **Uncommon: Building a Boston Sports Team**
12.30 PM **My Ryder Cup**
12.45 **PGA Tour Golf** American Express.
1.45 **Uncommon: Building a Boston Sports Team**
2.15 **TGL** New York v Atlanta Drive.
4.15 **PGA Tour: The Cut**
4.45 LIVE **PGA Tour Golf** Coverage of the opening day's play of the Farmers Insurance Open staged at Torrey Pines in La Jolla, California. This event first took place all the way back in 1952 when it was known as the San Diego Open. Previous winners of this competition include Patrick Reed, Brandt Snedeker and Tiger Woods, who has won the title here a record seven times.
12.00 M'T **PGA Tour Champions**
1.00 AM **Ryder Cup Memories**
2.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **US Open Classic Matches**
7.00 **Tennis** Highlights of recent finals.
12.00 NOON **WTA Tennis** The 2024 Hua Hin Championships final.
1.00 PM **Murray's Moments**
4.00 **ATP Tennis** Auckland Open final.
5.00 **WTA Tennis** Highlights of the Brisbane International final.
6.00 **ATP Tennis** Open Sud de France.
7.00 **US Open Tennis** Jack Draper v Botic van de Zandschulp.
8.00 **Young Guns: New Tennis Titans**
9.00 **Tennis** Adelaide International.
11.00 **ATP Tennis** Auckland Open final.
1.00 AM **ATP Tennis** Action from the 2024 Open Sud de France final.
2.00 **US Open Tennis** From 2024.
3.00 **to 6.00** AM **Murray's Moments**

TNT Sports 1

410 870 527 408 430

6.30 AM **Premier League Review**
7.30 **Premier League Netbusters**
8.00 **Isuzu A-League Highlights**
8.30 LIVE **Isuzu UTE A-League Adelaide United v Auckland FC.** Coverage from Coopers Stadium. Kick-off is at **8.30am**.
10.30 **In My Blood** With Rico Lewis.
10.45 **What I Wore** Pep Guardiola.
11.00 **Test Cricket Highlights**
1.00 PM LIVE **T20 Cricket India v England.** Coverage of the first T20 at Eden Gardens in Kolkata.
6.00 **TNT Sports Reload**
6.30 **Serie A – Full Impact**
7.00 LIVE **UEFA Champions League Paris Saint-Germain v Manchester City.** Coverage of the match in the league phase from Parc des Princes. Kick-off **8.00pm**. *See feature, page 28.*
10.30 **T20 Cricket Highlights**
11.30 LIVE **Women's T20 Super Smash Auckland Hearts v Otago Sparks.** Coverage of the match at Eden Park in Auckland.
3.00 AM **TNT Sports Cricket Reload**
3.15 **to 6.00** AM LIVE **T20 Super Smash Auckland Aces v Otago Volts.** Coverage of the match at Eden Park in Auckland.

TNT Sports 2

411 871 528 409 431

6.00 AM LIVE **T20 Super Smash Wellington Firebirds v Canterbury Kings.** Coverage of the match at Cello Basin Reserve.
7.15 **Women's Ashes** Highlights.
8.45 **TNT Sports Cricket Reload**
9.00 **Premiership Women's Rugby**
10.00 **Serie A** Highlights from Italy.
12.00 NOON **SailGP Highlights**
1.00 PM **Women's Ashes**
2.30 **Champions League Highlights**
3.30 **Serie A** Highlights from Italy.
5.30 **Isuzu UTE A-League**
6.30 **Premier League Netbusters**
7.00 LIVE **UEFA Champions League Arsenal v Dinamo Zagreb.** The league-phase match at the Emirates Stadium. Kick-off is at **8.00pm**. *See feature, page 28.*
10.30 **Serie A – Full Impact**
11.00 **Ultimate Pool** Recent action.
12.30 AM LIVE **NBA Dallas Mavericks v Minnesota Timberwolves.** The Western Conference match from American Airlines Centre. Tip-off **12.30am**.
3.00 **The WRC Magazine**
3.30 **SailGP Highlights**
4.30 **Vendee Globe Highlights**
5.00 **to 6.00** AM **Fishing: On the Bank**

TNT Sports 3

417 874 529 410 432

6.00 AM **UEFA Champions League**
10.00 **Premier League Stories**
10.30 **Premier League Review** Recent action from the top flight.
11.30 **UEFA Champions League**
2.00 PM **Sign Up – Into Football**
2.45 **Kenny Allstar's Number 1's**
3.00 **Allianz Premiership Women's Rugby** Action from Gloucester-Hartpury RFC v Ealing Trailfinders.
4.00 **Ultimate Pool** Action from Group Three of the Champions League.
5.30 **Women's Ashes** Australia v England: Highlights of the first T20 in the multi-format series from Sydney Cricket Ground.
6.30 **The Edge** Australia v England.
7.00 LIVE **UEFA Champions League Celtic v Young Boys.** Coverage of the league-phase match from Celtic Park. Kick-off **8.00pm**. *See feature, page 28.*
10.30 **Premier League Review** Featuring Arsenal v Aston Villa.
11.30 **Isuzu UTE A-League** Highlights of Adelaide United v Auckland FC.
12.30 AM **Ninja A-League Women Highlights** The 12th round.
1.00 **Serie A – Full Impact**
1.30 **to 6.00** AM **UEFA Champions League**

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights** Baltimore Ravens v Pittsburgh Steelers.
7.00 **NFL Bitesize Highlights**
8.00 **NFL: America's Game**
9.00 **NFL Highlights** Action from the second Divisional play-off match.
10.00 **Super Bowl LIV Highlights** Kansas City Chiefs v San Francisco 49ers from the 2019/20 season.
12.00 NOON **NFL Highlights** Action from Los Angeles Rams v Philadelphia Eagles.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
5.00 **NFL: America's Game** A look at the Kansas City Chiefs road to Super Bowl success in 2023/24.
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Highlights** Action from the fourth Divisional play-off match.
9.00 **Super Bowl LVII Highlights** Philadelphia Eagles v Kansas City Chiefs from the 2022/23 season.
11.00 **NFL Highlights** Action from the second Divisional play-off match.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **NFL Bitesize Highlights**
2.00 **NBC's Pro-Football Talk**
4.00 **NFL Highlights**
5.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **Super League Highlights**
10.00 **Fight Night International**
12.00 NOON **Super League Highlights**
1.00 PM **Big Bash League**
5.05 **Super League Highlights**
6.05 **PGA Tour Golf** American Express.
7.00 **Big Bash League** Action from the knockout match.
8.00 **State of Origin Rugby League** New South Wales v Queensland.
9.00 **Women's State of Origin** Action from New South Wales Blues v Queensland Maroons.
10.00 **The Rugby Championship** Australia v South Africa.
12.00 M'T **Top Rank Boxing Archive** Manny Pacquiao v Miguel Cotto.
1.15 AM **Super League Highlights**
2.00 **Big Bash League**
4.00 **to 6.00** AM **Murray's Moments**

TNT Sports 4

421 876 530 411 434

6.00 AM **MLB Classic** Archive action.
11.00 **MLB Classic: Baseball Seasons 1988** The best of the action.
12.00 NOON **NBA** A chance to see Brooklyn Nets v New York Knicks. **1.30** PM A replay of Denver Nuggets v Philadelphia 76ers.
3.00 **What I Wore** Pep Guardiola.
3.15 LIVE **UEFA Europa League Besiktas v Athletic Bilbao.** Coverage of the match in the league phase staged at Tupras Stadyumu. Kick-off is at **3.30pm**.
5.30 LIVE **UEFA Champions League RB Leipzig v Sporting Lisbon.** Coverage of the match in the league phase staged at Red Bull Arena. Kick-off is at **5.45pm**.
7.45 **UEFA Champions League Goals Show Xtra**
11.00 **NBA** Nets v Knicks.
12.30 AM **UFC** Makhachev v Tsarukyan.
3.30 **Fight Week** UFC 311 review.
4.00 **UFC Greatest Fights**
5.00 **to 6.00** AM **MLB Classic**

Eurosport 1

413 870 521 412 435

7.30 AM **Australian Open: Courtside**
8.00 LIVE **Australian Open Tennis** Coverage of the fourth and concluding women's singles quarter-final on the 11th day staged at Melbourne Park.
10.00 LIVE **Australian Open Tennis** Coverage of the fourth and concluding men's singles quarter-final on the 11th day staged at Melbourne Park.
1.00 PM **Australian Open: Courtside**
1.30 **Australian Open Tennis** Action from the third of the men's singles quarter-finals. **4.00** The fourth of the women's singles quarter-finals.
6.00 **Australian Open Tennis** The fourth men's singles quarter-final. **8.00** The fourth of the women's singles quarter-finals in Melbourne.
10.00 **Australian Open Tennis** The men's singles quarter-final.
12.00 M'T **to 6.00** AM **Australian Open Tennis**

Eurosport 2

414 871 522 413 436

6.00 AM **Alpine Skiing** From Italy.
7.00 **Biathlon** Action from Germany.
9.00 LIVE **Biathlon** Coverage of the Winter World University Games, featuring the men's mass start.
10.00 **Alpine Skiing** Action from Italy.
11.00 LIVE **Biathlon** Coverage of the women's mass start event in Turin.
12.00 NOON LIVE **Snowboarding** The men's and women's parallel slalom finals at the Winter World University Games in Turin, Italy.
1.30 PM **Biathlon** From Germany.
2.30 **Masters Snooker**
4.30 **Show Jumping** In Leipzig.
5.30 **Alpine Skiing** From Kronplatz.
6.30 **SailGP** Action from Auckland.
7.30 **Discovery Golf**
8.00 **Alpine Skiing** From Wengen.
9.00 **Snooker: World Championship**
11.00 **Ski Jumping** From Zakopane.
1.00 AM **Biathlon** In Ruhpolding.
2.00 **Snooker: English Open**
4.00 **Alpine Skiing** From Kronplatz.
5.00 **to 6.00** AM **Biathlon**

Sky Sports+

412 518 508 427 447

6.00 AM **My Icon** Moeen Ali.
6.15 LIVE **ICC U19 Women's World T20 Pakistan v Ireland.** Coverage of the Group B match staged at Johor Cricket Academy Oval in Malaysia.
9.30 **Good Morning Transfers**
10.00 **The Football Show**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk**
5.00 **The Transfer Show**
5.30 **Sports Centre**
7.00 **Gillette Labs Soccer Special**
7.30 **EFL Greatest Games**
7.35 LIVE **EFL Leeds United v Norwich City.** Coverage of the Championship match staged at Elland Road, as the teams meet for the second time this season. Kick-off is at **7.45pm**.
9.45 **Gillette Labs Soccer Special**
10.15 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Formula 1**
2.15 PM **Ted's Notebook**
2.45 **Ted Drives: F1 Car**
3.00 **Formula 1** Another chance to see the 2024 Hungarian Grand Prix staged at the Hungaroring.
7.45 **Ted's Notebook**
8.15 **McLaren on the Verge of Victory** An update on McLaren.
8.25 **F1 Feature**
8.30 **Formula 1** Hungarian Grand Prix.
10.45 **Ted and Movie Star Brad Pitt**
10.55 **F1 Feature**
11.00 **Formula 1** Hungarian Grand Prix.
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Thursday

23 January

Evening Planner

Crime Drama

Patience
C4, 9pm
As the series comes to a close, Bea finds herself in danger – so Jake and Patience attempt to crack the case without her.

OnDemand

Disney+

High Potential
Available today
A single mum who works as a cleaner (Kaitlin Olson) is taken on by the LAPD after she solves a murder.

OnDemand

NETFLIX

The Night Agent
Available today
FBI agent Peter Sutherland (Gabriel Basso) goes AWOL after the discovery of a mole in the agency.

OnDemand

Paramount+

Beacon 23
Available today
The second and final series set on the remote space 'lighthouse', starring Lena Headey and Stephan James.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Dragons' Den		9.00 The Traitors		10.00 News; Local News	
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Winterwatch		9.00 Miriam Margolyes: Almost Australian		10.00 The Traitors...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale		8.30 Tonight †	9.00 Beat the Chasers		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Sandi's Great British Woodland...		9.00 Patience		10.00 24 Hours in A&E	
	105 CHANNEL 5	7.00 Florida with Jane McDonald		8.00 Majorca: Jewel of the Med		9.00 Britain's Great Cathedrals: To the...		10.00 Warship: Life in the Royal Navy	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Rob & Romesh vs Cricket: South Africa		9.00 A League of Their Own		10.00 Ted	
ENTERTAINMENT	115 BBC3		7.10 Top Gear		8.20 The Simple Life	9.00 Dubai Hustle		10.00 Video Nasty	
	116 BBC4	7.00 Canal Boat...	7.30 The Yorkshire...	8.00 Film: Butch Cassidy and the Sundance Kid			9.45 Paul Newman at the NFT		10.30 Film: Cat on a...
	118 ITV2	◂ 6.55 Wheel of Fortune		7.55 Deal or No Deal: Celebrity Special		9.00 Love Island: All Stars		10.05 G'wed	10.40 Family...
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 24 Hours in A&E		10.00 Car S.O.S.	
	135 E4	7.00 The Simpsons	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI		9.00 FBI: International		10.00 The Good Doctor	
	108 SKY ATLANTIC	◂ 6.50 Billions		7.55 Game of Thrones		9.00 Lockerbie: A Search for Truth		10.05 The White Lotus	
	110 U&GOLD	◂ 6.40 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Gavin & Stacey	10.00 The Royle Family	10.35 dinnerladies
	111 U&DAVE	7.00 QI XL	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Unforgotten	
	120 ITV4	◂ 6.55 The Motorbike Show		8.00 Junk and Disorderly		9.00 Film: Beverly Hills Cop II			
	112 COMEDY CENTRAL	◂ 6.55 Friends				9.00 Film: Hitch			
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead	9.50 Grimm		
	113 SKY MAX	7.00 Stargate Universe		8.00 Rob & Romesh vs Cricket: South Africa		9.00 A League of Their Own		10.00 Ted	
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Far North	
	130 SKY ARTS	7.00 Landscape Artist of the Year		8.00 Discovering: Russell Crowe		9.00 Film: Ordeal by Innocence			
	132 U&W	7.00 Pete Wicks: For Dogs' Sake		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Bitchin' Rides		9.00 Marooned with Ed Stafford		10.00 Impossible Builds	
	162 ANIMAL PLANET	7.00 Crikey! It's the Irwins		8.00 Wild Dubai		9.00 Growing Up: Clouded Leopard		10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Colossal Machines		9.00 Construction Fails		10.00 Lawless Island	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Claw Hunters		9.00 Mountain Men			
	155 U&YESTERDAY	7.00 Canal Boat Diaries		8.00 Bangers & Cash					
	121 SKY DOCS	7.00 Kingdom of Dreams		7.55 Burden of Proof: Who Killed Jennifer...		9.00 Paul Simon: In Restless Dreams			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.20 Kill		8.00 Bad Boys: Ride or Die				10.00 Get Away	
	302 FEEL GOOD	◂ 6.00 The Edge of Seventeen		8.00 Anyone But You				10.00 Bad Neighbours	
	303 HITS	◂ 6.10 The Hurricane Heist		8.00 The Fast and the Furious: Tokyo Drift				10.00 Fast & Furious	
	304 GREATS	◂ 6.15 Singin' in the Rain		8.00 Shirley Valentine			9.50 Sixteen Candles		
	305 ANIMATION	◂ 5.45 The Adventures of...	7.40 The Pirates! In an Adventure with Scientists			9.15 Rugrats in Paris			
	306 FAMILY	◂ 5.55 Jumanji		7.50 Robin and the Hoods			9.45 Mee-Shee: The Water Giant		
	307 STUNTS	◂ 6.00 Days of Thunder		8.00 Superman					10.30 Ghostbusters
	308 COMEDY	◂ 6.25 Airplane!		8.00 Airplane II – The Sequel			9.30 Being John Malkovich		
	309 CRIME	◂ 5.50 Pain & Gain		8.00 Bad Boys II					10.30 Law Abiding...
	310 DRAMA	◂ 6.25 Save the Last Dance 2		8.00 The Unlikely Pilgrimage of Harold Fry				9.55 Boyz N the Hood	
	311 SCI-FI	◂ 5.50 Star Trek II: The Wrath of Khan		8.00 Dune: Part Two					
	313 FILM4	◂ 6.55 The Italian Job				9.00 The Transporter			
SPORT	401 MAIN EVENT	7.00 EFL – Live: Wrexham v Birmingham City (Kick-off 8.00)							10.30 Golf – Live
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Gary Neville's Soccerbox		9.00 Big Interview	9.30 PL Stories	10.00 PL Icons	
	403 FOOTBALL	7.00 EFL – Live: Wrexham v Birmingham City (Kick-off 8.00)							10.30 EFL Highlights
	404 CRICKET	◂ 3.00 SA20 – Live	7.30 Women's ICC...	8.00 Big Bash League		9.00 SA20			
	410 TNT SPORTS 1	7.00 UEFA Europa League – Live: Manchester United v Rangers (Kick-off 8.00)							10.30 UEFA Europa...
	411 TNT SPORTS 2	◂ 5.00 UEFA Europa League – Live: TSG 1899 Hoffenheim v Tottenham Hotspur (Kick-off 5.45); Lazio v Real Sociedad (Kick-off 8.00)						10.00 Women's Ashes	

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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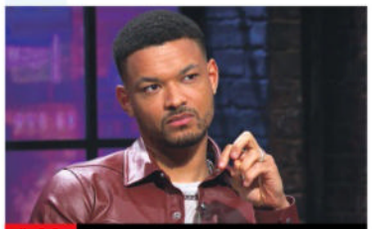
Thursday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Lost and Found in the Lakes** New edition A lost phone. (S)(AD)
2.30 **Animal Park** (S)(R)(AD)
3.00 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** (S)(R)
4.30 **The Travelling Auctioneers** New edition JJ Chalmers and Izzie Balmer help a Chingford couple. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Political Broadcast** By the Green Party. (S)



8.00 Dragons' Den

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Yolande invites Nigel to church but he can't stop worrying about Phil. Ruby takes a big risk to impress Martin. (S)(AD)

8 PM

8.00 **Dragons' Den** New edition 3/14. A Ukrainian entrepreneur aims to bag a Dragon as she presents her fashion business, and two London-based café owners hope for investment in their bubble tea business. (S)(AD)

9 PM

9.00 **The Traitors** New edition 11/12. It's the penultimate day in the castle, and a huge shift in power could change everything. (S)(AD)
■ Concludes tomorrow.
The Traitors: Uncloaked follows on BBC2

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Question Time** Fiona Bruce presents the topical debate from Stockport, Greater Manchester, inviting a panel of politicians and other guests to answer questions from an invited audience on subjects that have made the headlines in the past week. (S)
11.40 **Newscast** A panel of journalists host a weekly round-up from Westminster, delivering the usual mix of serious analysis and light-hearted gossip about the biggest stories in politics. (S)
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **The Bidding Room** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Monty Don's British Gardens** (S)(R)(AD)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 LIVE **Bowls: World Indoor Championships** Coverage from Potters Resorts at Hopton-on-Sea, Norfolk, featuring the ladies' singles final and a second-round open singles match. (S)
5.15 **Flog It!** Paul Martin hosts from Powderham Castle, Devon. (S)(R)
6.00 **Richard Osman's House of Games** New edition Eniola Aluko, Phil Daniels, Nikita Kanda and Danny Miller take part. (S)
6.30 **Joanna Page's Wild Life** New edition 14/15. Joanna rehydrates a gull chick. (S)

10.00 The Traitors: Uncloaked

7 PM

7.00 **Celebrity Antiques Road Trip** Reality stars Megan McKenna and James Argent look for bargains in Cambridge, with the help of experts Irita Marriott and Steven Moore. (S)(R)

8 PM

8.00 **Winterwatch** New edition 3/4. Michaela Strachan, Chris Packham and the team follow the fortunes of wildlife around the UK. (S)
■ Concludes tomorrow

9 PM

9.00 **Miriam Margolyes: Almost Australian** 3/3. On the final leg of her journey, Miriam visits the Gulf of Carpentaria to see where the wealth of the country comes from. (S)(R)(AD)

10 PM

10.00 **The Traitors: Uncloaked** New edition 11/12. Ed Gamble is joined by Lorraine Kelly, Harry Clark and Diane Carson. (S)(AD)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **1066: Lucy Worsley Investigates** The aftermath of the Battle of Hastings in 1066. (S)(R)(AD)
12.05 AM **Sign Zone: Simon Schama's Story of Us** 2/3. How artists have responded to the changing face of post-imperial Britain. (S)(R)(AD)
1.05 **Sign Zone: 7/7 – The London Bombings** 3/4. Police use CCTV to trace the bombers. (S)(R)(AD)
2.05 **Sign Zone: Gladiators** (S)(R)(AD)
3.05 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
2.30 **Pictionary** New edition With Dan Whiston and Hayley Tamaddon. (S)
3.00 **Lingo** New edition Word-based quiz show hosted by Adil Ray. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Mark takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.20 **Party Political Broadcast** By the Green Party. (S)
6.30 **ITV News** (S)

9.00 Beat the Chasers

7 PM

7.30 **Emmerdale** Dawn discovers Joe slumped at the wheel and a bottle of mysterious pills on the floor. Nicola leaves an A&E nurse suspicious when she visits the hospital with questions about Anthony. (S)(AD)

8 PM

8.30 **Tonight: Older Drivers – Danger at the Wheel?** New edition Ginny Buckley reports on the current laws affecting drivers over the age of 70 in the UK. (S)

9 PM

9.00 **Beat the Chasers** New edition Bradley Walsh hosts as the Sinnerman, the Beast, the Governess, the Menace, the Vixen and the Dark Destroyer take on contestants from across the country. (S)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **Pitch Perfect** Musical comedy set in the world of American college a cappella singing, with Anna Kendrick. Persuaded to join her college's all-female singing group, a wannabe DJ struggles to get The Bellas to ditch their old-fashioned routines in favour of edgier contemporary numbers. With Rebel Wilson. (S)(AD) (2012, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.30 AM **Teleshopping**
3.00 **Lingo** Word-based game show hosted by Adil Ray. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 1-3/26. (S10) (S)(R)
7.45 **The King of Queens** (S9) (S)(R)
8.40 **Frasier** (S1&2) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** Catch-up edition. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Paul and Melissa are put through their paces restoring a once-prestigious hotel. (S)
5.00 **Junior Bake Off** New edition 14/15. The semi-final sees the last chance for the bakers to earn their place in the final. (S)(AD)
6.00 **A Place in the Sun** New edition Laura Hamilton helps a couple who want to buy a holiday home on the Greek island of Zante. (S)

9.00 Patience

7 PM

7.00 **News** (S)

8 PM

8.00 **Sandi's Great British Woodland Restoration** Series finale 3/3. Sandi Toksvig and her wife Debbie fell trees, build wildlife ponds, release orphaned owls into the wild and welcome new life into the once overgrown forest. (S)(AD)

9 PM

9.00 **Patience** Series finale *Pandora's Box:* 6/6. When a man dies after a coughing fit, police find he had multiple identities and a history of eco-terrorism. (S1) (S)(AD)
■ Entire series on C4 streaming

10 PM

10.00 **24 Hours in A&E** Pedestrian Jane is rushed to Queen's Medical Centre in Nottingham with multiple life-threatening injuries after being severely injured in a hit-and-run. (S)(R)(AD)
11.05 **24 Hours in A&E** An 80-year-old man who fell out of bed may have incurred brain injuries. (S)(R)(AD)
12.05 AM **Celebrity Hunted** (S)(R)(AD)
1.00 **Ramsay's Kitchen Nightmares USA** From Colorado. (S)(SL)(R)
1.55 FILM **A Beautiful Day in the Neighborhood** Fact-based drama with Tom Hanks and Matthew Rhys. (S)(AD) (2019, PG, 105min) ★★★★
3.40 **Frasier** (S10) (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S8) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **Sherlock Bones: A K-9 Mystery** Crime drama starring Rachel Skarsten and Corey Sevier. (S) (2024, PG, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** New edition Wannabe entertainer Andy is on a mission to find a job. (S)(AD)
5.00 **News** (S)
6.00 **Winter Road Rescue** Double bill of the documentary series following snowplough teams and RAC patrols. (S)(R)
6.55 **News** (S)

9.00 Britain's Great Cathedrals

7.00 **Florida with Jane McDonald** 1/4. Jane goes on a road trip through the American state, starting by heading off for a self-kayaking excursion. (S)(R)
7.55 **News** (S)
8.00 **Majorca: Jewel of the Med** New edition Cameras focus on ex-pat chef Marc Fosh – the only British chef to be awarded a Michelin star in Spain – who is on a mission to celebrate the best of Majorca's produce. (S)
9.00 **Britain's Great Cathedrals: To the Glory of God** Series finale 2/2. Reverend Pat Allerton visits three cathedrals in the north of England, including Durham, where he learns how the building was created. (S)
10.00 **Warship: Life in the Royal Navy** 1/3. Julia Bradbury and JJ Chalmers present an insight into the Royal Navy, featuring a look at the UK's biggest and most powerful ship in the fleet. (S)(R)
11.05 **Traffic Cops** (S)(R)
12.05 AM **Ultimate Police Interceptors** Highlights. (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Loch Lomond: A Year in the Wild** Documentary. (S)(R)
3.50 **Hotel Chocolat: Unwrapped** (R)
4.40 **Divine Designs** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour | 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Kay Burley**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)(AD)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S5) (S)(R)(AD)
3.00 **NCIS: New Orleans** (S7) (S)(R)
4.00 **MacGyver** 13/13. (S4) (S)(R)
5.00 **The Simpsons** *To Surveil with Love:* Surveillance cameras are installed in Springfield. (S)(R) **5.30** *Million Dollar Maybe:* Homer wins $1 million on the lottery, but keeps it a secret from his family. (S)(R)
6.00 **The Office (US)** 19/26. Andy and Erin plan a first date. (S)(R) **6.30** 20/26. Michael teaches the staff a lesson by withholding new sales leads. (S6) (S)(R)

10.00 Ted

7.00 **The Simpsons** *Moe Letter Blues:* Moe decides to stir up marital strife in Springfield. (S)(R) **7.30** *The Bob Next Door:* A new neighbour moves in next door and proves popular with everyone. (S)(R)
8.00 **Rob & Romesh vs Cricket: South Africa** The comedians head to Cape Town to see England play a Test match, trying their hands at commentary and getting a lesson from Kevin Pietersen. (S)(R)(AD)
9.00 **A League of Their Own** New edition 3/8. Romesh Ranganathan hosts the sports-based comedy quiz, with regulars Jill Scott, Jamie Redknapp and Micah Richards joined by guests Jorginho and Danny Dyer.
10.00 **Ted** *Subway, Bicycles and Automobiles:* 5/8. Susan tries to cheer John up by finding him a new friend. (S)(R)(AD) **10.45** *Desperately Seeking Susan:* 6/8. Susan pursues a past career. (S1) (S)(R)(AD)
11.30 **Veep** 9/10. Selina's administration team face a lobbying scandal. (S)(R)(AD) **12.10** AM 10/10. Election day arrives. (S4) (S)(R)(AD)
12.50 **The Force: North East** (S)(R)
1.45 **Brit Cops: Rapid Response** (R)
2.40 **Road Wars** (S)(R)
3.10 **NCIS: New Orleans** (S7) (S)(R)
4.05 **MacGyver** (S4) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour | 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.30am Animal Park (S)(R)(AD) **12.00noon-1.00pm** First Minister's Questions (S) **12.10am** Scotcast (S)(R) **12.40** Weather for the Week Ahead (S) **12.45-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm The View (S) **11.20** Question Time (S) **12.20am** Newscast (S) **12.50-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
11.05pm Video Nasty (S)(R) **11.35pm-12.05am** Video Nasty (S)(R)

WALES
Sky **968**, Freesat **968**
7.00pm Scrum V: The Warm Up (S) **7.30-8.00** The Hairy Bikers' Asian Adventure (S)(R) **9.00-10.00** The Repair Shop (S) **11.05pm-12.05am** Miriam Margolyes: Almost Australian (S)(R)(AD)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Adre **12.30** Heno **1.00** Ceffylau Cymru **1.30** Gwladfa: Gwilym Bowen Rhys **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Antur y Gorllewin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Fets (AD) **6.25** Darllediad Gwleidyddol New edition **6.30** Y Ci Perffaith **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Pawb a'i Farn New edition **10.00** Priodas Pum Mil **11.00-11.30pm** Y Ty Gwyrdd (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **The Fast and the Farmer-ish** The Welsh heat.
7.10 **Top Gear** The team take a motorsports road trip across the Wild West.
8.15 **The Catch Up**
8.20 **The Simple Life**
9.00 **Dubai Hustle** 5/8. Jake's dream wedding gets real. **9.30** 6/8. Kerris questions her future as a broker.
10.00 **Video Nasty** New episode 5/6. The teenagers break into a police station to search for information that might clear their names. **10.30** Series finale 6/6. Billy and Con discover they are the targets of an angry, murderous mob. (S1) ■ Entire series on BBC iPlayer
11.00 **Cuckoo** 5-7/7. (S5)
12.15 AM **The Fast and the Farmer-ish** Double bill.
1.15 **Squad Goals: Dorking 'Til I Die** Documentary.
1.45 **Top Gear** As 7.10pm.
2.50 **The Fast and the Farmer-ish** The Welsh heat.
3.00 **to 4.00** AM **Squad Goals: Dorking 'Til I Die**

+1 hour | 236/237 | 347 | 125

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Canal Boat Diaries** Robbie Cumming continues across the Pennines from Marple to Huddersfield.
7.30 **The Yorkshire Dales** Paul Rose explores Wharfedale.
8.00 FILM **Butch Cassidy and the Sundance Kid** Western adventure comedy starring Paul Newman and Robert Redford as a pair of audacious outlaws. With Katharine Ross. (1969, PG, 112min) ★★★★★
9.45 **Paul Newman at the NFT** Joan Bakewell interviews American actor and film director Paul Newman.
10.30 FILM **Cat on a Hot Tin Roof** Melodrama starring Elizabeth Taylor, Paul Newman and Burl Ives. (1958, 12, 108min) ★★★★
12.15 AM **Paul Newman: Talking Pictures**
12.45 **The Beginning and End of the Universe**
1.45 **Canal Boat Diaries**
2.15 **The Yorkshire Dales**
2.45 **to 3.45** AM **Charles I: Downfall of a King**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions of the culinary contest from Peterborough
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw attempt to restore a BMW 2002 Turbo. **6.55** Fuzz and Tim restore a Welsh motoring enthusiast's beloved Vauxhall Astra.
7.55 **Grand Designs** Kevin McCloud follows the progress of architect Iain and his wife Jenny, who intend to build an enormous black minimalist building right in the middle of a 19th-century Scottish country estate.
9.00 **24 Hours in A&E** Cameras reveal how individuals adapt and survive in the face of adversity. Subjects include a 60-year-old man who has been rushed to A&E after colliding with a van.
10.00 **Car S.O.S** Fuzz Townshend and Tim Shaw restore an iconic BMW E30 Alpina belonging to a town planner.
11.00 **Rescue: Extreme Medics**
12.05 AM **Emergency Helicopter Medics**
1.10 **Car S.O.S** As 10.00pm.
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour | 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** Double bill of the animated comedy.
7.30 **Modern Family** 5/18. Phil is determined to finally scare Claire on Halloween. (S11)
8.00 **The Simpsons** *The Old Blue Mayor She Ain't What She Used to Be:* Marge decides to run for mayor. **8.30** *Singin' in the Lane:* Homer and his pals re-form their old bowling team.
9.00 **Celebrity Gogglebox** *Celebrity MasterChef* and *Grease are* appraised.
10.00 **Gogglebox** Opinions on *Obsession* and *Married at First Sight Australia*.
11.05 **First Dates**
12.10 AM **Rick and Morty**
12.40 **Mike Tyson Mysteries** New episodes Animation.
1.15 **Naked Attraction**
2.20 **Gogglebox**
3.10 **The Simpsons**
4.00 **Brooklyn Nine-Nine**
4.25 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour | 235/236 | 306 | 30 | 123

Thursday primetime

Thursday primetime

THURSDAY Entertainment

Thursday

Sky Witness

107 807 110 341 356

6.00 AM **The Force: Manchester**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Brit Cops: Rapid Response**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **Bull** 13/22. (S6)
12.00 NOON **FBI** 13/22. (S5)
1.00 PM **FBI: International** (S2)
2.00 **FBI: Most Wanted** 13/22. The team navigate the mistrust of authorities in a tight-knit Somali community. (S4)
3.00 **UK Border Force**
4.00 **Nothing to Declare**

9.00 FBI: International

7 PM
7.00 Nothing to Declare A girl is questioned by immigration officers. **7.30** An investigation into illegal fishing.

8 PM
8.00 FBI *Privilege:* 20/22. All eyes are on the team when they try to find out who kidnapped the child of a senator. (S5)

9 PM
9.00 FBI: International *Crestfallen:* 21/21. A private jet carrying American citizens is shot down over Europe. (S1)

10 PM
10.00 The Good Doctor *Risk and Reward:* 15/18. Shaun's bluntness with the mother of an ill newborn gets him in trouble. (S2)
11.00 **The Rookie** 3/20. (S2)
12.00 M'T **Chicago Fire** 11/13. (S12)
1.00 AM **Chicago PD** 10/13. (S11)
2.00 **Chicago Med** 10/13. (S9)
3.00 **Bull** 13/22. Jason helps a friend defend a sergeant. (S6)
4.00 **The Real A&E**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **The Guest Wing**
7.55 **The Sopranos** 6&7/13. (S5)
10.05 **Billions** 3&4/12. (S3)
12.20 PM **Game of Thrones** (S2)
1.25 **Perry Mason** 5&6/8. (S1)
3.35 **The Sopranos** 6/13. Carmela starts a new relationship. **4.40** 7/13. Christopher goes to collect a debt from screenwriter JT Dolan. (S5)
5.45 **Billions** 3/12. Chuck faces a dilemma when he is given a perverse directive. (S3) **6.50** 4/12. Chuck tries to reconcile with his father. (S3)

9.00 Lockerbie: A Search for...

7.55 Game of Thrones *Garden of Bones:* 4/10. Catelyn urges the Baratheon brothers to unite against the Lannisters, and Daenerys arrives at the walled city of Qarth. (S2)

9.00 Lockerbie: A Search for Truth New episode 4/5. Jim pulls further away from his family. (S1)

10.05 The White Lotus *In the Sandbox:* 4/7. Harper is blindsided by shocking evidence from Ethan's night out. (S2)
11.20 **The Time Traveler's Wife** (S1)
12.25 AM **Game of Thrones** (S2)
1.30 **Gomorrah** 8/12. Genny approaches Scianel for help. **2.35** 9/12. Enzo finally begins to enjoy all he has achieved. Subtitled. (S3)
3.40 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **S.W.A.T.** 6&7/22. (S5)
8.00 **Supergirl** 10/20. (S6)
9.00 **Stargate Universe** (S2)
11.00 **DC's Legends of Tomorrow**
12.00 NOON **Supergirl** 12/20. (S6)
1.00 PM **S.W.A.T.** 8&9/22. (S5)
3.00 **NCIS: New Orleans** (S7)
4.00 **MacGyver** 13/13. (S4)
5.00 **DC's Legends of Tomorrow** 7/13. The team crash-land in 1940s Seattle. (S7)
6.00 **Stargate Universe** 7/20. Rush and Col Young are left stranded in space on board a damaged ship. (S2)

9.00 A League of Their Own

7.00 Stargate Universe *Malice:* 8/20. Simeon kills Ginn after she discloses details of an impending Lucian Alliance attack. (S2)

8.00 Rob & Romesh vs Cricket: South Africa Rob and Romesh head to Cape Town to see England play a Test match.

9.00 A League of Their Own New edition Romesh Ranganathan hosts the comedy quiz, with guests Jorginho and Danny Dyer.

10.00 Ted 5/8. Susan attempts to cheer John up by finding him a new friend. **10.45** 6/8. Blaire asks Matty and Susan to let Ted act as their marriage therapist. (S1)
11.30 **Road Wars**
12.00 M'T **The Force: North East**
1.00 AM **Brit Cops: Rapid Response**
2.00 **Road Wars**
3.00 **NCIS: New Orleans** 3/16. (S7)
4.00 **MacGyver** 13/13. (S4)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.10 **World's Funniest Videos**
10.00 **Secret Crush** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.00 **In with a Shout**
3.00 **Charmed** 22/23. Piper gives birth to baby Chris. (S6)
4.00 **Gilmore Girls** 20/22. (S3)
4.55 **Dinner Date**
5.55 **Celebrity Catchphrase** With Kimberley Walsh, David Walliams and Emma Willis.

6.55 Wheel of Fortune

6.55 Wheel of Fortune A shop owner, a learning and development trainer and a former GP take part.
7.55 Deal or No Deal: Celebrity Special Stephen Mulhern hosts as heptathlete Katarina Johnson-Thompson takes on the infamous Banker.

9.00 Love Island: All Stars New edition The latest from the All Stars villa as the contestants determine to make it to the final.

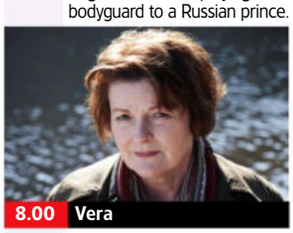
10.05 G'wed 4/6. Reece and Christopher end up as rival barristers in court. (S1)
10.40 Family Guy 4/20. Lois recollects a date. (S21)
11.05 **Family Guy** 14/20. (S20)
11.35 **American Dad!** (S17)
12.30 AM **Bob's Burgers** (S9)
1.30 **Deep Fake Neighbour Wars**
2.00 **World's Funniest Videos**
2.30 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **The Darling Buds of May**
9.30 **The Royal** Double bill.
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **A Touch of Frost** *Endangered Species:* Jack races to a farm where they uncover an exotic animal smuggling ring.
5.55 **Heartbeat** *The Long Weekend:* Vernon suffers delusions of grandeur while playing bodyguard to a Russian prince.


8.00 Vera

6.55 Heartbeat *Who's Who?* Sergeant Craddock investigates a suspicious road accident involving the High Sheriff.

8.00 Vera *Silent Voices:* The detective investigates the murder of a popular social worker and an infamous past case involving the death of a child appears to hold the key to solving the mystery.

10.00 Unforgotten 5/6. Sunny and Jess get closer to the truth of what happened on the night Precious was murdered. (S5)
11.00 **Wire in the Blood** 2/5. Two ritualistic murders lead the team to think followers of black magic may be involved. (S5)
12.55 AM **The Darling Buds of May**
2.00 **Unwind with ITV**
2.30 **Teleshopping**
3.30 **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Repair Shop on the Road** Fixing items from around the UK.
8.15 **Money for Nothing** Upcycling a chest of drawers, two typewriters and a mid-century chair.
9.00 **Mrs Brown's Boys** 3/6. Dermot announces his choice of best man. (S1)
9.30 **Two Doors Down** 3/6. Beth's hopes of a pleasant Sunday lunch are dashed. (S2)
10.00 **Jules and Greg's Wild Swim** 5/5. The duo face their coldest swim yet.
10.30 **Scot Squad** 1/5. Squire and McGill go undercover. (S7)
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **The Trials That Shocked Scotland** A fraud case.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Ballers** 3&4/9. (S4)
9.15 **The Conners** (S2)
10.10 **Silicon Valley** (S3)
11.20 **Barry** 3&4/8. (S4)
12.40 PM **Entourage** (S5)
1.50 **Silicon Valley** (S3)
3.05 **Barry** 3&4/8. (S4)
4.30 **Ballers** 3&4/9. (S4)
5.45 **The Office (US)** (S6)
6.45 **The Conners** (S2)
7.45 **Ballers** 7/10. Spencer deals with an incident. **8.20** 8/10. Spencer gets some unexpected information. (S3)
9.00 **Rosie Molloy Gives Up Everything** 5/6. Rosie confides in her mother. **9.35** 6/6. Rosie attends a private clinic. (S1)
10.10 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.10 **Veep** 9&10/10. (S4)
12.30 AM **In the Long Run**
1.30 **Flight of the Conchords**
2.50 **Barry** 3&4/8. (S4)
4.15 **to 5.00** AM **Togetherness**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **John Williams: The Berlin Concert**
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Portrait Artist of the Year 2020**
1.00 PM **Tales of the...**
2.00 **The Art of the Garden**
3.00 **Discovering**
4.00 **Classic Albums**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Landscape Artist of the Year**
8.00 **Discovering**
9.00 FILM **Ordeal by Innocence** Mystery with Donald Sutherland. (1985, 15, 87min) ★★
10.45 **Classic Movies: The Story of The Graduate**
11.45 **Romance on Film**
1.15 AM **Lily and Lolly: The Forgotten Yeats Sisters**
2.40 **Voices of Ireland**
4.00 **My Greatest Shot**
5.00 **to 6.00** AM **Inside Art**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Monkey Life**
10.00 **Stop, Search, Seize**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Monkey Life**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** 14/26. (S6)
5.00 **Stargate Atlantis** (S1)
6.00 **Star Trek: Deep Space Nine** 8/26. (S7)
7.00 **Star Trek: Voyager**
8.00 **Hawaii Five-0** (S7)
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **How I Caught the Killer** Officers investigate the murder of Christopher Donovan.
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **Fletchers' Family Farm**
9.10 **Gino's Italy** Double bill.
10.10 **Worst to First** New edition
11.05 **The Real Housewives of Beverly Hills**
12.05 PM **Abbey Clancy: Celebrity Homes**
1.05 **The Only Way Is Essex**
2.05 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Beverly Hills**
5.00 **The Real Housewives of New Jersey**
6.00 **Buying and Selling**
7.00 **Inside M&S**
8.00 **Dinner Date**
9.00 **Million Pound Pawn**
10.00 **Botched by Nature**
11.00 **The Real Housewives of Miami** Reality series.
11.55 **The Only Way Is Essex**
12.55 AM **Buying the View**
1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 1/13. (S2)
11.00 **Sue Thomas: F.B.Eye**
12.00 NOON **Hart to Hart**
2.00 PM **Father Dowling Mysteries** 6/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 5-8/25. Four episodes. (S8)
9.00 **Randall and Hopkirk (Deceased)** *Smile Behind the Veil:* 26/26. (S1)
10.00 **The New Avengers** *Angels of Death:* 2/13. A large number of prominent figures are dying from apparently natural causes. (S2)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S8)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.05 **The Professionals**
8.05 **Return of Sherlock Holmes**
9.15 **Magnum, PI**
10.15 **Kojak**
11.20 **BattleBots**
12.25 PM **Return of Sherlock Holmes** Murder mystery.
1.30 **Magnum, PI**
2.40 **Kojak**
3.45 **Minder**
4.50 **The Professionals**
5.55 **BattleBots** New edition The teams aim for the Round of 32.

9.00 **Beverly Hills Cop II**

6.55 **The Motorbike Show** Henry and Sam get the engine in the Harley Bobber restoration, and try out a custom trike.

8.00 **Junk and Disorderly** Henry Cole and Allen Millyard find and restore a Triumph Trident bike.

9.00 FILM **Beverly Hills Cop II** Action comedy sequel starring Eddie Murphy as detective Axel Foley on the trail of a gang led by a six-foot blonde. With Brigitte Nielsen and Judge Reinhold. (1987, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Auf Wiedersehen, Pet** (S1)
1.10 **Two and a Half Men** (S1)
2.05 **Auto Mundial**
2.30 **Unwind with ITV**
3.00 **Teleshopping**
3.30 **Motorsport Mundial**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 5/26. (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 20/26. (S5)
2.00 **Warehouse 13** 1/13. (S2)
3.00 **Stargate SG-1** 7/20. (S8)
4.00 **Star Trek: Voyager** 3/26. (S2)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 5/26. Worf feels responsible when a member of his team is killed. (S3)

10.40 **The Lawnmower Man**

7.00 **Warehouse 13** *Time Will Tell:* 1/13. Pete and Myka visit London to gather clues about MacPherson's plan. (S2)

8.00 **Stargate SG-1** *Affinity:* 7/20. Teal'c is accused of murder, and Carter faces a big decision when Pete proposes to her. (S8)

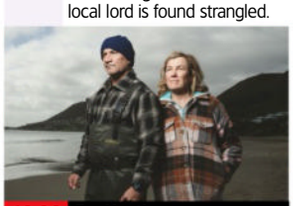
9.00 **The Walking Dead** *Nebraska:* 8/13. Shane and Rick's differences openly erupt. (S2)
9.50 **Grimm** *Plumed Serpent:* 14/22. Nick searches for a dragon-like monster that has killed two people. (S1)
10.40 FILM **The Lawnmower Man** Sci-fi thriller starring Pierce Brosnan as an ambitious scientist who uses a mentally-impaired gardener as a guinea pig. (1992, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **True Blood** 3&4/12. (S1)
3.05 **Room 104** 5&6/12. (S2)
4.10 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 15/16. (S2)
12.00 NOON **The Mentalist** (S4)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S8)
4.00 **Miss Scarlet and the Duke**
5.00 **Hudson & Rex** 15/16. Sarah's former professor is seemingly framed for murder. (S2)
6.00 **Father Brown** *The Skylark Scandal:* An annual ramble takes a tragic turn when the local lord is found strangled.



10.00 **Far North**

7.00 **The Mentalist** *Ring Around the Rosie:* 4/24. Jane discovers a suspect for a crime that has yet to be committed. (S4)

8.00 **White Collar** *The Dentist of Detroit:* 4/16. Caffrey discovers that the head of a Detroit mob family is in town. (S3)

9.00 **Death in Paradise** *Predicting Murder:* 3/8. A voodoo priestess is found dead after predicting her own murder. (S1)

10.00 **Far North** New episode 3/6. The gang's attempt to launch a rescue mission ends in disaster. (S1)
■ Entire series on U
11.00 **The Mentalist** 2/24. Patrick pits his old team against his new colleagues in a challenge to solve a murder. (S4)
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **CSI: Vegas** 9/21. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.30 AM **Highlights**
9.20 **dinnerladies**
10.00 **Are You Being Served?**
10.35 **Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **dinnerladies**
2.00 **Dad's Army**
2.35 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Keeping Up Appearances**
6.00 **Are You Being Served?**
6.40 **Dad's Army**

9.20 **Gavin & Stacey**

7.20 **Dad's Army** Captain Mainwaring unwittingly camps the platoon in the middle of a firing range.

8.00 **dinnerladies** Petula's bizarre lifestyle begins to catch up with her.
8.40 **Miranda** The shop owner's friends accuse her of being immature.
9.20 **Gavin & Stacey** Neil's christening offers an opportunity for everyone to reunite.

10.00 **The Royle Family** Jim and Barbara are left holding the baby as Denise and Dave enjoy a night out.
10.35 **dinnerladies** As 8.00pm.
11.15 **Miranda** As 8.40pm.
11.55 **Gavin & Stacey** As 9.20pm.
12.35 AM **The Royle Family**
1.10 **Miranda** As 8.40pm.
1.50 **Gavin & Stacey** As 9.20pm.
2.25 **The Royle Family**
2.55 **to 4.00** AM **Last of the Summer Wine**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Survivor South Africa**
8.00 **Special Ops: Crime Squad UK**
10.00 **Extreme Fishing with Robson Green** Double bill.
12.00 NOON **American Pickers**
2.00 PM **Guy's Road to Chernobyl**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si and Dave explore the nation's love of bread.
6.00 **Rick Stein's Cornwall** Rick finds out about the work done by women in Cornwall's mines. **6.30** The chef catches up with author Patrick Gale.

9.00 **QI XL**

7.00 **QI XL** With panellists Jimmy Carr, Aisling Bea and Danny Bhoy.
7.40 **Richard Osman's House of Games** Guests include Jake Humphrey and Nihal Arthanayake. **8.20** Guests include Kiri Pritchard-McLean and Shaun Williamson.

9.00 **QI XL** Guests Nish Kumar, Mark Steel and Suzi Ruffell join regular panellist Alan Davies and host Sandi Toksvig.

10.00 **Have I Got a Bit More News for You** Jennifer Saunders hosts the satirical quiz, with Ayesha Hazarika and Matt Forde.
11.00 **8 Out of 10 Cats** With Joe Swash, Angela Scanlon, Maisie Adam and Jamali Maddix.
12.00 M'T **Mock the Week**
1.20 AM **QI XL** As 7.00pm.
2.00 **David Mitchell's Outsiders**
3.00 **to 4.00** AM **Meet the Richardsons**

+1 hour 211/212 327 74

Thursday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
12.30 PM **A Place in the Sun**
2.30 **Frasier** 12-14/24. (S9)
4.00 **Junior Bake Off**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **Location, Location, Location** The search for a home on the Kent coast.
8.00 **Kirstie and Phil's Love It or List It** A sizable challenge in Whitley Bay.
9.00 **24 Hours in Police Custody: The Unusual Suspects** A look at how police investigations into large-scale cannabis importation are evolving.
10.00 **Manhunt** Police hunt for three suspects after a stabbing in Manchester.
11.05 **The Fall: Skydive Murder Plot** Triple bill.
2.10 AM FILM **Valkyrie** Thriller starring Tom Cruise and Bill Nighy. (2008, 12, 115min) ★★★
4.25 **to 4.55** AM **Food Unwrapped**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 3-5/24. (S7)
12.00 NOON **Law & Order**
6.00 **NCIS** *Guilty Pleasure:* 19/24. A reporter for the *Navy Times* is found stabbed to death. **7.00** *Moonlighting:* 20/24. An NCIS polygraph specialist comes under suspicion when a murder occurs while he is moonlighting. **8.00** *Obsession:* 21/24. Tony becomes obsessed with finding a murder victim's sister. (S7)
9.00 **Blue Bloods** *Flags of Our Fathers:* 10/22. Danny's ex-partner is accused of planting evidence to wrap up a homicide case. (S6)
10.00 **Law & Order: Special Victims Unit** (S12)
1.50 AM **Criminal Minds**
2.50 **NCIS** 9/24. (S7)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun** Colin is keen to live a healthier life.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** New edition A violent individual arrives in A&E.
10.00 **Ambulance: Code Red**
11.00 **Skin A&E** Documentary.
12.00 M'T **The Hospital: Life on the Line**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Outback Truckers**
10.00 **Traffic Cops**
11.00 **Police Interceptors**
12.00 NOON FILM **The Wild and the Innocent** Western. (1959, PG) ★★
1.50 PM FILM **The Three Musketeers: The Queen's Diamonds** Adventure. (1973, PG, 102min) ★★★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Trucking Heavy**
10.00 **Beacon 23** New episodes 5/8. Aster discovers a link between Halan's history and mysterious rocks. **11.00** 6/8. A flashback reveals how the rocks first appeared on Beacon 23. (S1)
12.00 M'T **World's Strongest Man 2024** From London.
1.00 AM **Police Interceptors**
2.05 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS**
12.00 NOON **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS**
7.00 **Pete Wicks: For Dogs' Sake** Pete meets a puppy who needs urgent treatment for a badly broken leg.
8.00 **Inside the Ambulance** Medics attend a young woman who has suffered a fit in the street.
9.00 **999 Rescue Squad**
11.00 **Preaching Evil: A Wife on the Run with Warren Jeffs**
12.00 M'T **Stacey Dooley Sleeps Over**
1.00 **to 3.00** AM **Property Brothers: Forever Homes**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Classic Doctors**
9.10 **Classic Holby City**
10.30 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Bergerac**
4.10 **All Creatures Great and Small**
5.25 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Mrs Sidhu Investigates** *Ripped:* 1/4. Mrs Sidhu's first day catering for a health club takes a turn when two bodies are found in the spa. (S1)
10.00 **New Tricks** *Final Curtain:* The publication of a late actor's biography reopens an old case.
11.20 **Bergerac**
12.35 **Mrs Sidhu Investigates**
2.40 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes in the City** From London.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **A Place in the Sun**
1.00 PM **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Celebrity Antiques Road Trip** Double bill.
9.00 **Destinations of the Damned with Zak Bagans** New edition Zak and his crew step behind a Czech castle's walls to hunt for a portal to hell.
10.00 **The Dead Files** New edition Steve DiSchiavi and Amy investigate paranormal activity threatening the lives of a cancer survivor.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Through the Keyhole**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **Through the Keyhole**
7.00 **Tenable** Warwick Davis hosts as a team of five family members attempt to answer questions about top 10 lists.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** Quiz show.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** Quiz show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.10 AM **Battle Honours**
9.20 FILM **Cripple Creek** Western. (1952, U) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM FILM **The Stranger Wore a Gun** Western. (1953, U, 83min) ★★
2.50 FILM **Abilene Town** Western. (1946, b/w, 15, 91min) ★★
4.50 FILM **Wrangler** Australian Western. (1989, 12, 92min) ★★
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 FILM **Disturbing the Peace** Thriller with Guy Pearce and Devon Sawa. (2019, 15, 91min) ★
10.55 FILM **Bunraku** Fantasy. (2010, 15, 119min) ★★★
1.30 AM FILM **Storm Cell** Thriller with Mimi Rogers. (2008, 12, 90min) ★
3.30 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM FILM **Nowhere To Be Found** Thriller. (2019, PG, 93min) ★★
11.00 FILM **The Wrong Mother** Thriller. (2017, PG) ★★
1.00 PM FILM **Obsessed with the Babysitter** Thriller. (2021, PG) ★★
3.00 FILM **Past Sins** Thriller. (2006, 12, 88min) ★★
4.50 FILM **True Justice** Thriller. (2023, PG) ★★
6.40 FILM **Goosebumps** Fantasy adventure. (2015, PG, 103min) ★★★
9.00 FILM **World War Z** Action thriller. (2013, 15, 116min) ★★★★
11.25 FILM **The Road** Sci-fi action drama. (2009, 15, 111min) ★★★★
2.00 AM FILM **A Gourmet Detective Mystery: Eat, Drink and Be Buried** Drama. (2017, PG) ★★
4.00 **to 6.00** AM FILM **Woman on the Edge** Thriller. (2018, PG) ★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM FILM **Matching Hearts** Romantic drama. (2020, PG, 100min) ★★
10.05 FILM **How to Find Forever** Romantic drama. (2021, PG, 90min) ★★
12.05 PM FILM **The Way to the Heart** Drama. (2022, PG, 86min) ★★
2.00 FILM **Forever in My Heart** Romantic drama. (2019, U, 90min) ★★
4.05 FILM **A Summer to Remember** Comedy. (2018, PG, 82min) ★★
6.10 FILM **Sand Dollar Cove** Drama. (2021, PG) ★★
8.00 FILM **Love Finds You in Valentine** Romance. (2016, PG, 87min) ★★
10.00 FILM **Love Strikes Twice** Fantasy. (2021, PG) ★★
11.55 FILM **Love Hacks** Drama. (2022, PG, 90min) ★★
1.55 AM **Highway to Heaven**
2.55 **to 5.00** AM FILM **Shifting Gears** Drama. (2024, U, 90min) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
9.00 **Blue Thunder**
10.00 **I Dream of Jeannie**
10.30 **Watching** 2/11. (S5)
11.00 **A Fine Romance** (S3)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **The Charmer**
1.00 PM **Sherlock Holmes**
2.00 **Shine on Harvey Moon**
3.00 **Arthur C Clarke**
4.00 **Bubblegum & Cheese**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 2/11. (S5)
6.00 **I Dream of Jeannie**
6.30 **Thriller** 7/10. (S1)
7.50 **Mysterious Tales** (S1)
8.00 **The Charmer** 4/6. (S1)
9.00 **Police Woman** (S1)
10.00 **Chelmsford 123** (S2)
10.30 **Drop the Dead Donkey**
11.00 **Whose Line Is It Anyway?** Comedy.
11.30 **Thriller** 7/10. (S1)
12.50 AM **Shine on Harvey Moon** 1/6. (S2)
1.50 **Arthur C Clarke**
2.50 **Monkey** 8/26. (S1)
3.50 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Outback Crystal Hunters** Patrick tries to recover a million-dollar Amethyst cluster. **4.00** Patrick faces extreme temperatures.
5.00 **Kindig Customs**
7.00 **Deadliest Catch** Double bill of the documentary following the work of Alaskan crab fishermen.
9.00 **Monsters Inside Me** A Christmas baby is infected in utero. **10.00** A man discovers worms are in his lungs.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Last Bite Hotel**
7.00 **The Pioneer Woman**
9.00 **The Hairy Bikers' Comfort Food**
10.00 **The Hairy Bikers Go Local** As 6.00pm.
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin Digs Deep**
3.00 **The Pioneer Woman**
5.00 **The Hairy Bikers' Comfort Food**
6.00 **The Hairy Bikers Go Local** The duo visit Penarth, South Wales.
7.00 **Great British Bake Off**
9.00 **James Martin's Islands to Highlands** James and Lisa Goodwin-Allen visit the Isle of Man.
10.00 **James Martin Digs Deep**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 7/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 2/22. (S3)
11.00 FILM **Trapped in Space** Sci-fi suspense drama. (1994, 15, 84min) ★★
1.00 PM FILM **First Man Into Space** Sci-fi chiller. (1959, PG, 77min) ★★
2.30 FILM **Capricorn One** Adventure thriller. (1978, PG, 128min) ★★★★
5.00 **Star Trek** 7/30. (S1)
6.00 **T.J. Hooker** 3/22. (S3)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **Wanted: Dead or Alive** Action thriller starring Rutger Hauer. (1988, 106min) ★★
11.15 FILM **Deadly Force** Crime action thriller starring Wings Hauser. (1983, 18, 95min) ★
1.10 AM FILM **Brake** Thriller. (2012, 15, 87min) ★★★
3.00 **to 4.50** AM FILM **Alive** Horror. (2019, 15) ★★

Legend Xtra

317 171 69 138

6.00 AM FILM **Moby Dick** As shown at 5.00pm.
8.00 **The Gambler V: Playing for Keeps**
10.00 **Farscape** 6/22. (S1)
11.00 FILM **Doomwatch** Chiller with Ian Bannen. (1972, 12, 92min) ★★★
1.00 PM FILM **Flight World War II** Sci-fi thriller. (2015, 12, 85min) ★★
3.00 **Farscape** 6/22. (S1)
4.00 **Star Trek** 5/30. (S1)
5.00 FILM **Moby Dick** Thriller. (2010, 12, 87min) ★★
7.00 **Farscape** 5/22. (S1)
8.00 **Star Trek** 16/30. (S1)
9.00 FILM **Zulu** Historical action adventure starring Stanley Baker. (1963, PG, 138min) ★★★★★
11.40 FILM **Sniper: Special Ops** Action thriller starring Steven Seagal. (2016, 15, 82min) ★★
1.25 **to 3.00** AM FILM **Fiend Without a Face** Horror. (1958, PG, 75min) ★★

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real Deal** From Wrexham.
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Corridors**
11.10 **Strange Evidence**
12.10 PM **Strangest Things**
1.05 **Legends of the Pharaohs** Documentary.
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Alien Corridors**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **In Search of Aliens**
10.00 **UFOs: Lost Evidence**
11.00 **Alien Autopsy: The Search for Answers**
12.00 M'T **Alien Files: Unsealed**
1.00 AM **Alien Corridors**
2.00 **Strange Evidence**
3.00 **Hardcore Pawn**
3.25 **The Liquidator**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **The Hotel Inspector** Double bill.
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.30 **Eggheads** Quiz show.
6.00 **Ben Fogle: New Lives in the Wild** Double bill.
8.00 **The Castle of Mey: The Queen Mother's Hideaway** A look at the history of the secluded residence in Caithness.
9.00 **George V: Our Unexpected King** A profile of the monarch.
10.00 **Inside the Tower of London** The Tower commemorates King Charles III's coronation.
11.00 **Prisoner: Cell Block H** New episodes (S4)
1.05 AM **Bargain-Loving Brits in the Sun**
3.00 **The Hotel Inspector**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country**
9.00 **Christina in the Country** Creating a dream kitchen to better serve a family's cooking and baking needs.
10.00 **Flipping 101 with Tarek El Moussa** Tarek helps a couple who bought a mid-century ranch house.
11.00 **Home Town** Ben and Erin Napier return to help siblings with phase two of a renovation.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life** Part two of two. Angela travels to Texas as part of her weight-loss quest.
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **I Didn't Know I Was Pregnant** Double bill.
9.00 **My 600lb Life**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **My 600lb Life**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **to 6.00** AM **Extreme Cheapskates**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** 2&3/23. (S3)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 19&20/21. (S8)
1.00 PM **Impractical Jokers**
1.30 **Friends** (S9)
7.55 **Friends** 20/24. Joey throws a party for the cast of *Days of Our Lives*. **8.25** 21/24. Chandler and Monica visit a fertility clinic. (S9)
9.00 FILM **Hitch** Romantic comedy starring Will Smith and Eva Mendes. (2005, 12, 118min) ★★★
11.20 **Mr Bean** 9&10/14. (S1)
12.20 AM **Michael McIntyre: Hello Wembley!**
1.20 **Beavis and Butt-Head**
2.35 **Whose Line Is It Anyway? USA**
3.05 **Lee Evans: XL Tour**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
9.55 **Becker** 19&20/22. (S5)
10.50 **Friends** (S10)
1.05 PM **Criminally Funny**
2.35 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **New Girl** 2&3/23. (S3)
5.00 **Becker** 19&20/22. (S5)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Friends** 18-23/24. (S8)
1.00 AM **The Ren & Stimpy Show** 10&8/21. (S5)
2.00 **The Roast of James Franco** Comedy tribute.
3.20 **Modern Horror Stories**
3.25 **Al Murray: And a Glass of White Wine for the Lady** Comedy.
4.30 **Jimmy Carr: Telling Jokes** Stand-up.
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **The Equalizer**
2.00 PM **The Real A&E**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Manifest** 2/13. (S3)
6.00 **The Flash** 1/18. (S7)
7.00 **MacGyver** 6&7/23. (S2)
9.00 **Freddie Down Under** 4/6. Andrew Flintoff and Rob Penn go to Darwin.
10.00 **For Life** *Never Stop Fighting:* 1/10. Marie faces criminal charges for assisting Aaron in previous cases. (S2)
11.00 **The Equalizer** (S3)
1.00 AM **Road Wars**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **Daria** 3/14. (S5)
6.20 **16 and Pregnant**
7.10 **Teen Mom: Young & Pregnant** Reality series.
11.00 **Catfish: Teams**
3.00 PM **Catfish: Wannabees**
4.00 **Catfish: Teams**
5.00 **Catfish: The TV Show**
7.00 **Teen Mom: The Next Chapter** Reality series.
8.00 **MTV Cribs** Double bill.
9.00 **Spray Tan Mums: Single and Proud** Danielle agrees to undergo a spot of spiritual healing.
10.00 **Jersey Shore Family Vacation** New edition After partying through Sin City, the gang head back to the East Coast to settle in for the summer.
11.00 **Geordie Shore**
12.00 M'T **Love & Hip Hop: Atlanta** New edition Some of the crew perform at Unruly Fest.
1.00 AM **Ink Master**
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Gold Rush** Parker wants more gold, so opens a third claim. **4.00** The Beets battle a flash flood on the Indian River.
5.00 **Deadliest Catch** Sig and Mandy rush to re-join the fray ahead of a fast-moving ice edge.
6.00 **Wheeler Dealers** Working on a classic Toyota Landcruiser.

9.00 Marooned with Ed Stafford

7.00 **Salvage Hunters** Salvage expert Drew Pritchard breaks new ground with his first-ever buying trip to Northern Ireland.

8.00 **Kindig Customs** The 1955 Nomad is an iconic car, but the original power is not enough for the current owner.

9.00 **NEW SERIES Marooned with Ed Stafford** Ed struggles to survive in the dense jungles along Colombia's Orinoco River.

10.00 **Impossible Builds** In the heart of Miami is one of the most complex skyscrapers ever built – the Scorpion Tower.

11.00 **Border Control: Europe**
12.00 M'T **Street Outlaws** The 405 is in California taking on Boddie and his group of racers.
1.00 AM **Marooned with Ed Stafford** As 9.00pm.
2.00 **Impossible Builds**
3.00 **Iron Resurrection**
4.00 **to 5.00** AM **Moonshiners**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Insane Pools: Off the Deep End** A private river.
9.00 **Crikey! It's the Irwins**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Insane Pools: Off the Deep End** A luxurious space.
1.00 PM **Crikey! It's the Irwins**
2.00 **Expedition Bigfoot**
4.00 **Dr Jeff: Rocky Mountain Vet** A dog with a mysterious injury. **5.00** Dr Jeff helps a dog that was lost during a windstorm.
6.00 **Insane Pools: Off the Deep End** A dream backyard on the side of a mountain in Utah.

8.00 Wild Dubai

7.00 **Crikey! It's the Irwins** Complications arise after the birth of Talbert the giraff, and Robert rescues an entangled swan.

8.00 **Wild Dubai** Behind modern Dubai lies an incredible wildlife that speaks of a timeless connection to the desert.

9.00 **Growing Up: Clouded Leopard** Meeting brother and sister Ming and Mei, a pair of clouded leopard cubs born in captivity.

10.00 **Alaska: The Last Frontier** To prepare for spring, Atz Lee, Otto and August survey the homestead for bears.

11.00 **Sharks vs Dolphins: Face Off** Scientists attempt to understand the relationship between sharks and dolphins.
12.00 M'T **Blue Serengeti**
1.00 AM **Alaska: The Last Frontier**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Airport Security: Peru**
12.00 NOON **Car S.O.S**
1.00 PM **Construction Fails**
2.00 **Air Crash Investigation**
3.00 **Drain the Oceans: Secrets of the Civil War**
4.00 **Disaster Autopsy**
5.00 **Car S.O.S** Restoring a 1969 Lancia Fulvia 1.3 Rallye.
6.00 **Air Crash Investigation** Two pilots survive a crash that kills 37 passengers.

10.00 Lawless Island

7.00 **Air Crash Investigation** A brand new aircraft crashes into a mangrove swamp in Cameroon, leaving no survivors.

8.00 **Colossal Machines** New edition How freight aircraft, offshore vessels and electric trains increase productivity.

9.00 **Construction Fails** How Notre Dame cathedral caught fire despite state-of-the-art smoke detection equipment.

10.00 **NEW SERIES Lawless Island** Documentary following a group of people living in a remote Alaskan community.

11.00 **Air Crash Investigation** A US military jet that crashed in 1996.
12.00 M'T **No Man Left Behind**
1.00 AM **Atlas of Cursed Places**
2.00 **Money Meltdown**
2.30 **Bid & Destroy**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **The Great British Dig: History in Your Back Garden**
7.45 **Flipping Bangers**
8.45 **Forged in Fire**
9.35 **Storage Wars** Five editions.
12.00 NOON **World's Greatest Treasure Mysteries**
1.00 PM **Flipping Bangers**
2.00 **Bomber: Terror of WWII**
4.00 **Pawn Stars** Four editions.
6.00 **American Pickers** In Niagara Falls, three sisters open the doors to their late father's antique time capsule.

10.00 Mountain Men

7.00 **Forged in Fire** The reigning champion must now face a returning challenger and forge the intricate Acinaces sword.

8.00 **Claw Hunters** Following the work of lobster harvesters in search of 'red gold' in the waters of the North Atlantic.

9.00 **Mountain Men** New edition As the 1,000-mile Iditarod race begins, Lauro faces both physical and emotional demands.

10.00 **Mountain Men** New edition Lauro continues his ambitious journey to complete the 1,000-mile Iditarod race.

11.00 **Mission Unexplained** The Russian infantryman who fought an unknown presence with a hypnotising effect.
12.00 M'T **Pawn Stars** Four editions.
2.00 AM **Royal Autopsy** The death of Queen Elizabeth I.
3.00 **Claw Hunters** As 8.00pm.
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **WW2 – Frontlines**
11.00 **World War Weird**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **WW2 – Frontlines**
5.00 **World War Weird** Rebels in the Philippines who believed they were fighting a vampire.
6.00 **Antiques Roadshow** From Ightham Mote, a medieval manor near Sevenoaks.

8.00 Bangers & Cash

7.00 **Canal Boat Diaries** Disaster strikes when the *Naughty Lass* hits a low bridge on the Bumble Hole Canal Branch.

8.00 **Bangers & Cash** New edition Dave heads off to London, where a couple of special Fords are hidden in a garage.

9.00 **Bangers & Cash** Derek takes to the skies for his first-ever helicopter flight on the way to pick up two 1970s Lotus sports cars.

10.00 **Bangers & Cash** Derek collects a haul including two Bentleys, a Daimler and a traditional Bowtop caravan.

11.00 **Abandoned Engineering** In North Wales, a secret facility which once manufactured mustard gas and enriched uranium lies in ruins.
12.00 M'T **Great American Railroad Journeys** From Minneapolis.
1.00 **to 3.00** AM **Secrets of the London Underground**

+1hour 255 329

Thursday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Salvage Hunters**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop** Items include a wooden trunk. **7.00** A radio from the evacuation of Dunkirk.
8.00 **Wheeler Dealers** Mike comes across a rare 1976 Mercury Capri MK2. **9.00** Mike buys his newest car to create a bespoke Scooby BRZ STI.
10.00 **Richard Hammond's Workshop** Some disagreements in the workshop almost lead to the loss of a big job.
11.00 **Wheeler Dealers**
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Triple bill.
11.00 **Say Yes to the Dress: UK** Double bill.
12.00 NOON **Murder Comes to Town** Crystal Houston.
1.00 PM **Evil Lives Here**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories**
4.00 **American Monster**
6.00 **The Murder Tapes** The disappearance of Roaa Al-Dhanoon.
7.00 **Faking It: Tears of a Crime** Fred Talbot.
8.00 **Murder on CCTV**
10.00 **Evil Lives Here**
11.30 **Signs of a Psychopath**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Megan Sharpton.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** The hunt is on for a ruthless fantasist who has defrauded the NHS.
8.00 **Inside Crime** The cases of three lethal lovers.
9.00 **Forensic Factor** New edition A detailed look at the investigation of a high-profile crime.
10.00 **The Hunt for the Chameleon Killer** As the net closes in, time is running out for the Chameleon Killer.
11.00 **Evidence of Evil** When several women disappear, the city of Baton Rouge goes into lockdown.
12.00 M'T **48 Hours**
1.00 AM **Forensic Factor**
2.00 **The Hunt for the Chameleon Killer**
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Bloodline Detectives**
11.00 **Medical Detectives**
2.00 PM **Bloodline Detectives** Double bill.
4.00 **Medical Detectives** How investigators lifted a handprint from the body of a murder victim. **4.30** Investigating the disappearance of a Texan man's mail-order bride. **5.00** The murder of an elderly couple, which produced no suspects. **5.30** The abduction and murder of a nine-year-old girl from her home. **6.00** The mysterious disappearance of a woman which was solved by a charred tooth. **6.30** The sudden death of a rich woman, which baffled investigators.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Motorbike Cops**
6.30 **Highway Cops**
7.00 **Road Wars**
8.00 **Stop, Search, Seize**
9.00 **Nothing to Declare**
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **Killer Siblings**
1.00 PM **Killer in My Village**
2.00 **An Unexpected Killer**
3.00 **Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer Siblings**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **What the Killer Did Next** Nadine Aubras.
10.00 **Fred West: The Glasgow Girls**
1.00 AM **Murders That Shocked the Nation**
2.00 **Snapped** Claudia Hoerig.
3.00 **Britcam: Emergency on Our Streets**
4.00 **Brit Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Blood of the Clans**
9.15 **Immortal Egypt with Joann Fletcher**
10.35 **The Korean War**
11.45 **1945-1953: From World War to Cold War**
1.00 PM **Blood of the Clans**
2.15 **Immortal Egypt with Joann Fletcher**
3.30 **The Korean War**
4.35 **1945-1953: From World War to Cold War**
5.50 **Blood of the Clans**
7.00 **Immortal Egypt with Joann Fletcher** A look at the peak of ancient Egyptian civilisation.
8.20 **The Korean War** Shedding new light on the Korean War.
9.30 **1945-1953: From World War to Cold War** 1/2. The new world order of the postwar years.
10.40 **Immortal Egypt with Joann Fletcher**
12.00 M'T **The Korean War**
1.10 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

THURSDAY

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Mission to Burnley**
7.00 **Discovering: Sean Connery**
8.00 **The Directors**
9.00 **The Seventies**
10.00 **Kingdom of Dreams**
10.55 **Burden of Proof: Who Killed Jennifer Pandos?**
12.00 NOON **JFK Revisited: Through the Looking Glass**
2.10 PM **All That Breathes**
4.00 **The Directors**
5.00 **Discovering: Sean Connery**
6.00 **The Seventies**
7.00 **Kingdom of Dreams**
7.55 **Burden of Proof: Who Killed Jennifer Pandos?** 4/4. Stephen learns about secret legal proceedings and emerging persons of interest.
9.00 **Paul Simon: In Restless Dreams** 1&2/2. Documentary exploring the 60-year career of the singer-songwriter.
1.15 AM **Jealous Guy: The Assassination of John Lennon**
3.00 **Money Electric: The Bitcoin Mystery** Documentary.
5.00 **to 6.00** AM **Discovering: Sean Connery**

Sky Nature

124/125 822 189 354 369

6.00 AM **Wild Dogs: Running with the Pack** Double bill.
7.00 **Monkey Life**
8.00 **Great Blue Wild**
9.00 **Living Beach**
10.00 **The Wadden Sea**
11.00 **Orangutan Jungle School**
12.00 NOON **Surviving the Amazon**
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Living Beach**
4.00 **The Wadden Sea**
5.00 **Gangs of Baboon Falls**
6.00 **Surviving the Amazon**
7.00 **Monkey Life** Double bill.
8.00 **Islands** A look at the wildlife on Baffin in the Canadian Arctic.
9.00 **A Cheetah's Pride** The mothers collaborate to keep the cubs fed.
10.00 **Surviving the Amazon**
11.00 **Gangs of Baboon Falls**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Reef Wrecks**
2.00 **Islands** As 8.00pm.
3.00 **A Cheetah's Pride** As 9.00pm.
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Living Beach**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Ships**
9.00 **The Abyss: Rise & Fall of...**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Britain's Most Historic Towns** Edwardian Cardiff.
2.00 **Secrets of Great British Castles**
3.00 **The Abyss: Rise & Fall of the Nazis** Documentary.
4.00 **Combat Ships**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Craig Charles: UFO Conspiracies** The Rendlesham Forest incident of 1980.
8.00 **Egypt's Unexplained Files**
9.00 **Dark Marvels: Killing Machines**
10.00 **Clash of the Gods**
11.00 **Rome's Bloodiest Dynasty: The First Emperor**
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Most Historic Towns** Plantagenet Canterbury.
3.00 **Walking Through History**
4.00 **Weird or What? With William Shatner** Unexplained tales.
5.00 **to 6.00** AM **Craig Charles: UFO Conspiracies**

Crime+Investigation

156 837 133

6.00 AM **Homicide Hunter**
7.00 **The First 48**
9.00 **Murdertown**
10.00 **Accident, Suicide or Murder?**
11.00 **Imperfect Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **Real Murders of Atlanta**
2.00 **City Confidential**
3.00 **Killer Britain with Dermot Murnaghan** James Fairweather.
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **Homicide: Hours to Kill**
7.00 **The First 48**
8.00 **Accident, Suicide or Murder?** New edition Documentary.
9.00 **After the First 48** New edition Shedding light on the judicial aspects of a case.
10.00 **Interrogation Raw**
11.00 **Homicide Hunter**
12.00 M'T **Buried in the Backyard**
1.00 AM **After the First 48**
2.00 **Interrogation Raw**
3.00 **City Confidential**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Shark Men**
10.00 **Africa's Wild Side: Dynasties**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **China's Wild Empire**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Yukon Vet** Dr Oakley checks on newborn reindeer calves.
8.00 **Alaska Fish Wars** Dino finds himself without a deckhand.
9.00 **Last of the Giants: Wild Fish** Cyril and his crew venture into the Amazon forest in their search for a muturo.
10.00 **Monsters of the Wild** Cunning assassins, strange parenting and nautical oddballs.
11.00 **Snakes in the City**
12.00 M'T **Last of the Giants: Wild Fish** Documentary.
1.00 AM **World's Deadliest**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Concorde: The Final Flight**
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Mysteries of the Deep**
5.00 **Mysteries at the Museum**
7.00 **Alien Highway**
8.00 **Concorde: The Final Flight** The story of the supersonic plane's last flight from New York to London in October 2003. Featuring appearances by Maurice Saatchi and David Frost. Narrated by Bill Nighy.
9.00 **Combat Dealers**
10.00 **Shed and Buried**
11.00 **World's Greatest Motorcycle Rides** 1/3. Henry Cole drives a Harley Davidson across Australia.
12.00 M'T **Mysteries of the Deep**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
5.00 **The Bill** Double bill.
7.00 **Pointless** Double bill of the quiz in which contestants try to score the fewest points possible by giving the least obvious correct answers to questions. Presented by Alexander Armstrong, with Richard Osman.
9.00 **Cutting It** 5/6. The family rally round for Allie's funeral, but her secrets refuse to stay buried, and Gavin learns she'd been hiding things from him at the worst possible moment. (S4)
10.20 **The Bill** *With Friends Like That?* 10/12. Cryer brings in a woman who is reluctant to report a rape. **11.20** *Whose Side Are You On?* 11/12. Officers from Sun Hill take on a local youth group in a five-a-side football match. (S2)
12.20 AM **Pointless** Double bill of the general knowledge quiz show.
2.15 **Cutting It** As 9.00pm.
3.20 **to 6.00** AM **Abandoned Engineering**

+1 hour 266 376

ID

154 166

8.00 AM **The Object of Murder**
9.00 **I'd Kill for You**
11.00 **Who the (Bleep) Did I Marry?**
1.00 PM **The Murder Tapes**
3.00 **Murder Chose Me**
5.00 **The Killer in My Family**
7.00 **Evil Online** The murder of a college freshman who found excitement in online dating and started liasing with several girls. **8.00** Focusing on the tragic case of high-school student Brandon Wentzell, who fell for Clarissa Chistiakov online. However, Chistiakov was a fake identity and Jessica Boudreau led Wentzell to his death.
9.00 **The Real Story with Maria Elena Salinas** The host revisits a case from 1997, when a body was found in a Seattle park.
10.00 **Lethally Blonde** An investigation leads to the downfall of an adult film star.
11.00 **Undercover Underage**
12.00 M'T **I Almost Got Away with It**
2.00 AM **The Killer in My Family**
4.00 **to 6.00** AM **Evil Online**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Kindig Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's Big** Richard takes flight aboard the US Air Force's biggest cargo plane, the *C-5M Super Galaxy*.
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Big**
8.00 **Roadworthy Rescues**
9.00 **Kindig Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.50 AM **Kill** As shown at 6.20pm.
8.30 **Bad Boys: Ride or Die**
10.30 **Parachute** Comedy drama. (2023, 15, 108min) ★★★★
12.20 PM **Problemista** Comedy. (2024, 15, 104min) ★★★
2.10 **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★
4.10 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
6.20 **Kill** Thriller starring Daniel Portman and Brian Vernel. (2023, 15, 90min) ★★★

10.00 Get Away

8.00 Bad Boys: Ride or Die Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Get Away Horror comedy written by and starring Nick Frost. A family's holiday takes a lethal turn when they discover the island they're on is inhabited by a serial killer. (2024, 15, 86min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The 4:30 Movie** Comedy. (2024, 15, 84min) ★★★
1.15 AM **Twilight of the Warriors: Walled In** Hong Kong martial arts action thriller. Subtitled. (2024, 15, 126min) ★★★
3.30 **to 6.00** AM **The Convert** Action drama with Guy Pearce. (2024, 15, 119min) ★★★★

Sky Cinema Hits

303 403 503 517

6.00 AM **Blithe Spirit** Comedy. (2020, 12, 95min) ★★★
7.45 **No Hard Feelings** Comedy. (2023, 15, 103min) ★★★
9.40 **Allelujah** Comedy drama. (2022, 12, 99min) ★★★
11.25 **The Holdovers** Comedy drama. (2023, 15, 133min) ★★★★★
1.40 PM **Asteroid City** Comedy. (2023, 12, 105min) ★★★★
3.40 **Bad Boys II** As 11.50pm.
6.10 **The Hurricane Heist** Action thriller. (2018, 12, 103min) ★

6.10 The Hurricane Heist

8.00 The Fast and the Furious: Tokyo Drift Motor racing thriller starring Lucas Black and Bow Wow. After relocating to Japan, a rebellious American teenager gets involved in the local car racing scene. (2006, 12, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Fast & Furious Action thriller sequel starring Vin Diesel and Paul Walker. A wanted man reunites with an old FBI agent pal to seek revenge on a drugs baron. (2009, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Bad Boys II** Action comedy sequel starring Will Smith. (2003, 15, 147min) ★★★
2.25 AM **The Fast and the Furious** Action thriller with Vin Diesel. (2001, 15, 107min) ★★★
4.20 **to 6.15** AM **2 Fast 2 Furious** Thriller starring Paul Walker. (2003, 12, 108min) ★★★

Sky Cinema Drama

310 410 510 524

7.35 AM **Boyz N the Hood** (1991)
9.30 **Anatomy of a Murder** (1959)
12.10 PM **Jerry Maguire** Comedy drama starring Tom Cruise. (1996, 15, 139min) ★★★★
2.30 **Summit Fever** As 11.55pm.
4.30 **Save the Last Dance** Romantic drama. (2001, 12, 113min) ★★★
6.25 **Save the Last Dance 2** Romantic dance drama sequel. (2006, 12, 90min) ★★

8.00 **The Unlikely Pilgrimage of Harold Fry** Drama starring Jim Broadbent. A man embarks on a 500-mile trek to see a terminally ill former work colleague. (2023, 12, 108min) ★★★
9.55 **Boyz N the Hood** Urban drama starring Larry Fishburne and Cuba Gooding Jr as a father and son confronting violence and racism in South Central LA. (1991, 15, 111min) ★★★★★
11.55 **Summit Fever** Thriller with Ryan Phillippe. (2022, 15, 115min) ★★

2.00 AM **Anatomy of a Murder** Courtoom drama starring James Stewart and Lee Remick. (1959, b/w, 12, 160min) ★★★★★
4.45 **Sky Cinema Preview**
5.25 **to 7.45** AM **Phantom Thread** Drama with Daniel Day-Lewis. (2017, 15, 130min) ★★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.45 AM **Renfield** As 12.30am.
8.30 **Star Trek The Motion Picture** Sci-fi adventure starring William Shatner and Leonard Nimoy. (1979, U, 132min) ★★★
10.55 **Next Exit** As shown at 2.05am.
12.55 PM **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
3.55 **I Am Legend** Sci-fi thriller with Will Smith and Alice Braga. (2007, 15, 101min) ★★★★

5.50 **Star Trek II: The Wrath of Khan** Sci-fi adventure sequel. (1982, 12, 113min) ★★★★
8.00 **Dune: Part Two** Sci-fi drama sequel with Timothée Chalamet. Freedom fighters Paul and Chani galvanise the Fremen to strike down conspirators against the Atreides dynasty. (2024, 12, 166min) ★★★★★
10.50 **The Woman in Black** Chiller based on Susan Hill's ghost story, starring Daniel Radcliffe. (2012, 12, 91min) ★★★★

12.30 AM **Renfield** Horror comedy with Nicholas Hoult and Nicolas Cage. (2023, 15, 93min) ★★★★
2.05 **Next Exit** Sci-fi comedy. (2022, 15, 106min) ★★★
3.55 **to 6.00** AM **Riddick** Sci-fi thriller sequel starring Vin Diesel. (2013, 15, 122min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.35 AM **Mee-Shee: The Water Giant** As shown at 9.45pm.
9.25 **Journey to the Center of the Earth** (2008, PG) ★★
11.05 **Journey 2: The Mysterious Island** (2012, PG) ★★★
12.50 PM **Maya the Bee** As 11.30pm.
2.25 **Goosebumps 2: Haunted Halloween** (2018, PG) ★★
4.00 **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
5.55 **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★

7.50 Robin and the Hoods

7.50 Robin and the Hoods Comedy starring Naomie Harris. A property developer threatens the neighbourhood of 11-year-old Robin and her gang, the Hoods. (2024, PG, 101 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Mee-Shee: The Water Giant Family fantasy adventure starring Bruce Greenwood and Daniel Magder. A boy discovers and befriends a prehistoric creature living in a remote Canadian lake. With Joel Tobeck. (2005, PG, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Maya the Bee** Animation. (2014, U, 86min) ★★
1.10 AM **A Tiger's Journey** Drama. (2023, PG, 94min) ★★★
2.55 **Daddy Day Camp** Comedy sequel. (2007, PG, 88min) ★★
4.40 **to 6.50** AM **Patch Adams** Fact-based comedy drama. (1998, 12, 115min) ★★

Sky Cinema Stunts

307 407 507 521

6.25 AM **Once Upon a Time in China and America** (1997)
8.15 **Safe** As shown at 2.10am.
9.55 **Fist of Fury** As 3.55am.
11.50 **Jackie Chan's Police Story** Thriller. (1985, 15) ★★★★
1.40 PM **The Amazing Spider-Man 2** Fantasy sequel. (2014, 12, 142min) ★★★
4.05 **Once Upon a Time in China and America** (1997, 15) ★★★
6.00 **Days of Thunder** Action drama. (1990, 15, 107min) ★★★

6.00 Days of Thunder

8.00 Superman Sci-fi adventure starring Christopher Reeve as the Man of Steel. With Margot Kidder, Marlon Brando and Gene Hackman. (1978, PG, 143min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Ghostbusters Action comedy starring Bill Murray, Dan Aykroyd and Sigourney Weaver. (1984, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Sisu** Action thriller. (2022, 15, 88min) ★★★
2.10 **Safe** Action thriller. (2012, 15, 90min) ★★★
3.55 **Fist of Fury** Martial arts thriller starring Bruce Lee. (1972, 18, 106min) ★★★
5.50 **to 7.40** AM **Jackie Chan's Police Story** As 11.50am.

Sky Cinema Comedy

308 408 508 522

6.20 AM **Gremlins 2: The New Batch** Horror comedy sequel. (1990, 12, 107min) ★★★
8.10 **National Security** As 11.30pm.
9.45 **Ride Along** (2014, 12) ★★
11.30 **Ride Along 2** (2016, 12) ★★
1.20 PM **The Brady Bunch Movie** Comedy. (1995, 12) ★★★
3.00 **The Boss** (2015, 15) ★★★
4.45 **Relax, I'm from the Future** Comedy. (2023, 15) ★★★
6.25 **Airplane!** Comedy spoof. (1980, 12, 86min) ★★★★★

11.30 National Security

8.00 Airplane II: The Sequel Comedy sequel starring Robert Hays as a pilot at the controls of a disaster-prone moon shuttle. With Lloyd Bridges. (1982, 15, 81 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 Being John Malkovich Surreal comedy starring John Cusack, Cameron Diaz and Catherine Keener. A frustrated puppeteer turned filing clerk finds a portal into the mind of actor John Malkovich. (1999, 15, 112min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **National Security** Crime comedy. (2003, 12, 88min) ★
1.05 AM **Clerks** Cult comedy. (1994, b/w, 18, 92min) ★★★★
2.45 **Dazed and Confused** Richard Linklater's comedy drama. (1993, 15, 102min) ★★★★
4.30 **to 6.20** AM **The Big Chill** Ensemble comedy drama. (1983, 15, 115min) ★★★★

Sky Cinema Crime

309 409 509 523

6.00 AM **Blackhat** Crime drama. (2015, 15, 128min) ★★★★
8.15 **The Purge** (2013, 15) ★★★
9.45 **The Purge: Anarchy** Horror. (2014, 15, 102min) ★★★
11.30 **Public Enemies** Biopic. (2009, 15, 140min) ★★★★
1.50 PM **Hotel Mumbai** Thriller. (2018, 15, 123min) ★★★★
3.55 **Contraband** Action thriller. (2012, 15, 105min) ★★★
5.50 **Pain & Gain** Dark comedy. (2013, 15, 124min) ★★★

3.55 Contraband

8.00 Bad Boys II Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano and Jordi Mollà. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Law Abiding Citizen Thriller starring Jamie Foxx and Gerard Butler. (2009, 18, 109min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Pulp Fiction** Quentin Tarantino's comedy thriller starring John Travolta, Bruce Willis and Samuel L Jackson. (1994, 18, 154min) ★★★★★
2.55 **Bad Boys** Action comedy. (1995, 15, 118min) ★★★
5.00 **to 6.30** AM **Drive-Away Dolls** Action comedy. (2023, 15, 84min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Decision at Sundown** Western. (1957, PG, 77min) ★★
12.40 PM **Storm Over the Nile** Adventure. (1955, U) ★★★
2.55 **The Black Arrow** Adventure. (1948, b/w, U, 77min) ★★★
4.30 **Gunfight at the OK Corral** Western with Burt Lancaster. (1956, PG, 122min) ★★★★
6.55 **The Italian Job** Classic crime caper starring Michael Caine. (1969, PG, 100min) ★★★★★

10.50 Starred Up

The Italian Job (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 The Transporter Thriller with Jason Statham and Shu Qi. An underworld courier discovers he is unwittingly transporting a kidnapped Chinese woman and uncovers an international slavery ring. (2002, 15, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.50 Starred Up Drama with Jack O'Connell and Rupert Friend. A young offender is transferred to an adult prison, where he is reunited with his father. (2013, 18, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

1.00 **to 3.25** AM **Dead Presidents** Crime drama starring Larenz Tate. (1995, 18, 119min) ★★★★

+1hour 314 430 47 301

Sky Cinema Feel Good

302 402 502 516

7.10 AM **I Love My Dad** As 4.10am.
8.50 **Love Again** As 4.00pm.
10.40 **Hot Rod** Action comedy. (2007, 12, 84min) ★★★★
12.15 PM **Daddy Day Camp** Comedy sequel. (2007, PG, 88min) ★★
1.55 **Girls Trip** Comedy with Regina Hall. (2017, 15, 122min) ★★
4.00 **Love Again** Romantic comedy starring Priyanka Chopra Jonas. (2023, 12, 100min) ★★★

6.00 **The Edge of Seventeen** Coming-of-age comedy drama starring Hailee Steinfeld. (2016, 15, 104min) ★★★★
8.00 **Anyone But You** Romantic comedy starring Sydney Sweeney and Glen Powell. (2023, 15, 103min) ★★★★
10.00 **Bad Neighbours** Comedy starring Seth Rogen, Zac Efron and Rose Byrne. A couple enter into a game of one-upmanship with the student household next door. (2014, 15, 93min) ★★★

11.50 **What If** Romantic drama with Daniel Radcliffe and Zoe Kazan. (2013, 15, 98min) ★★★★
1.35 AM **Ray** Biopic starring Jamie Foxx. (2004, 15, 152min) ★★★★
4.10 **to 6.00** AM **I Love My Dad** Comedy starring Patton Oswalt. (2022, 15, 96min) ★★★

Sky Cinema Greats

304 404 504 518

6.50 AM **The Brady Bunch Movie**
8.30 **Blue Hawaii** As 3.45am.
10.25 **Holiday Inn** Musical comedy. (1942, b/w, U, 101 min) ★★★★
12.20 PM **The Breakfast Club** John Hughes' comedy drama. (1984, 15, 97min) ★★★★★
2.00 **Annie** Film version of the hit musical. (1982, U, 128min) ★★★
4.10 **All That Jazz** Musical fantasy. (1979, 15, 123min) ★★★

6.15 **Singin' in the Rain** Classic musical starring Gene Kelly. (1952, U, 102min) ★★★★★
8.00 **Shirley Valentine** Romantic comedy starring Pauline Collins as a bored housewife who finds sun, wine and love on a Greek island. With Tom Conti. (1989, 15, 108min) ★★★★
9.50 **Sixteen Candles** John Hughes' comedy starring Molly Ringwald as a gauche teenager with dreams of a perfect romance. (1984, 12, 89min) ★★★

11.25 **It's a Wonderful Life** Frank Capra's fantasy drama. (1946, b/w, U, 125min) ★★★★★
1.40 AM **All That Jazz** As 4.10pm.
3.45 **Blue Hawaii** Elvis Presley musical. (1961, PG, 103min) ★★
5.30 **to 7.15** AM **The Brady Bunch Movie** Comedy. (1995, 12) ★★★

Sky Cinema Animation

305 412 500 514

7.20 AM **Mary and the Witch's Flower** Animated adventure. (2017, U, 99min) ★★★
9.10 **The Adventures of Tintin...**
11.05 **Sinbad: Legend of the Seven Seas** As shown at 10.40pm.
12.40 PM **Megamind vs The Doom Syndicate** As 2.00am.
2.15 **Paws of Fury: The Legend of Hank** Animated family comedy. (2022, PG, 98min) ★★★

4.00 **Smallfoot** Animated adventure. (2018, U, 96min) ★★★
5.45 **The Adventures of Tintin: The Secret of the Unicorn** Animated family adventure. (2011, PG, 106min) ★★★★★
7.40 **The Pirates! In an Adventure with Scientists** Comedy. (2012, U, 87min) ★★★★
9.15 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
10.40 **Sinbad: Legend of the Seven Seas** Animated adventure. (2003, U, 85min) ★★★★

12.15 AM **Smallfoot** As 4.00pm.
2.00 **Megamind vs The Doom Syndicate** Animated adventure. (2024, U, 83min) ★★★
3.30 **Dr Seuss' The Lorax** Animated comedy. (2012, U, 86min) ★★★
5.05 **to 6.40** AM **The Pirates! In an Adventure with Scientists**

Movies 24

312 419

7.00 AM **The Story of Love** Comedy. (2022, PG, 91 min) ★★
9.00 **Heart of the Matter** Drama. (2022, PG, 85min) ★★
11.00 **The Attraction Test** Romantic comedy. (2022, PG, 85min) ★★
1.00 PM **Planning on Forever** Comedy. (2022, PG, 89min) ★★
3.00 **The Engagement Back-Up** Romantic comedy drama. (2022, PG, 91 min) ★★

5.00 **A Vineyard Romance** Romantic drama. (2021, PG, 86min) ★★
7.00 **A Royal Runaway Romance** Romantic comedy with Philippa Northeast and Brant Daugherty. (2022, PG, 84min) ★★
9.00 **Wish Upon a Wedding** Romance starring Kabby Borders. A romantic sets the date for her wedding despite being single. As she tries to find a fiancé, she is unaware true love may be under her nose. (2023, PG, 85min) ★★

11.00 **Lease on Love** Romantic comedy. (2022, PG, 86min) ★★
1.00 AM **A Snapshot of Forever** Comedy. (2022, PG, 86min) ★★
3.00 **to 5.00** AM **His and Hers** Drama. (2024, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **The Wedding of Lilli Marlene** Drama sequel. (1953, b/w, PG, 89min) ★★
7.45 **The Hangman Waits** Drama. (1947, b/w, PG, 63min) ★★★
9.00 **Lady of Deceit** Film noir thriller. (1947, b/w, PG, 95min) ★★★
10.50 **The Dream Machine**
12.00 NOON **The Spider and the Fly** Thriller starring Eric Portman. (1949, b/w, PG, 95min) ★★★

2.00 PM **The Dick Powell Show**
3.00 **Crown Court** Triple bill.
4.30 **The History of Mr Polly** Comedy adapted from HG Wells' novel, starring John Mills. (1949, b/w, U, 95min) ★★★★
6.30 **Look at Life**
6.40 **Out of the Fog** Crime drama. (1962, b/w, PG, 69min) ★★★
8.00 **The Brothers** 6/13. (S5)
9.05 **A Line in the Sand** Thriller.
11.10 **Goldeneye: The Secret Life of Ian Fleming** Biopic with Charles Dance. (1989, 15, 105min) ★★★

1.15 AM **The Rough and the Smooth** Crime drama starring Nadja Tiller and Tony Britten. (1959, b/w, 18, 96min) ★★
3.20 **Carry On Admiral** Comedy. (1957, b/w, U, 85min) ★★
5.00 **Turn of Fate** 1/36. (S1)
5.30 **to 6.00** AM **26 Men**

Thursday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **My Icon** Pam Cookey.
6.15 LIVE **ICC U19 Women's World T20 India v Sri Lanka.** Coverage of the Group A match from Bayuemas Oval in Malaysia.
9.30 LIVE **DP World Tour Golf** Coverage of the first day of the Ras Al Khaimah Championship at Al Hamra Golf Club in the UAE.
1.30 PM **Lunchtime Live**
2.00 **Sports Desk**
3.00 LIVE **SA20 Durban's Super Giants v Paarl Royals.** Coverage of the match from Hollywoodbets Kingsmead.
7.00 LIVE **EFL Wrexham v Birmingham City.** Coverage of the League One match from StoK Racecourse. Kick-off **8.00pm**.
10.30 LIVE **PGA Tour Golf** Coverage of the second day's play of the Farmers Insurance Open staged at Torrey Pines in La Jolla, California.
12.00 M'T **Sky Sports News**
2.00 AM **My Icon** Michael Holding.
2.15 LIVE **ICC U19 Women's World T20** Coverage of the 13th to 16th place play-off match staged at Johor Cricket Academy Oval in Johor, Malaysia.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Retro** Manchester United v Manchester City from 2010/11.
5.00 **The Transfer Show**
5.30 **Premier League Icons**
6.00 **Premier League 100 Club**
6.30 **PL 100: Thierry Henry**
7.00 **The Big Interview** With a Premier League star of the past or present.
7.30 **Premier League Stories**
8.00 **Gary Neville's Soccerbox** The host is joined by Jamie Carragher. **8.30** With guest Phil Neville.
9.00 **The Big Interview**
9.30 **Premier League Stories** The life and legacy of Jose Antonio Reyes.
10.00 **Premier League Icons**
11.00 **Premier League Years**
1.00 AM **PL Retro** A chance to see Chelsea v Burnley from 2017/18.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 1997/98**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **EFL Greatest Games**
10.00 **EFL Cup Retro**
10.30 **EFL** Two match replays.
2.00 PM **WSL** Action from Liverpool v Brighton & Hove Albion.
2.30 **EFL Highlights**
3.00 **Bundesliga Highlights Show**
4.00 **EFL Highlights**
6.30 **Bundesliga Weekly**
7.00 LIVE **EFL Wrexham v Birmingham City.** Coverage of the League One match from StoK Racecourse. The two teams last met in September, when the Blues came back from a goal down to win 3-1. Kick-off is at **8.00pm**.
10.30 **EFL Highlights**
11.00 **Bundesliga Weekly**
11.30 **EFL Greatest Games**
12.00 M'T **Dundee United – Champions 83**
12.30 AM **SPFL: Edinburgh Derby Best Goals** Memorable strikes.
1.00 **Craig Brown: My Scotland**
1.30 **There's Only One Sauzee**
2.00 **SPFL Greatest Games**
3.30 **SPFL Highlights**
4.00 **SPFL Greatest Games**
5.00 **to 6.00** AM **Henrik Larsson: 20 Years On**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Women's World Cup 2017**
6.15 LIVE **ICC U19 Women's World T20 India v Sri Lanka.** Coverage of the Group A match at Bayuemas Oval in Pandamaran.
9.30 **Best of the Big Bash League**
9.45 **Jimmy Anderson's Greatest Spells** Archive highlights.
10.00 **Women's ICC World T20**
11.00 **Big Bash League**
1.00 PM **Women's ICC World T20**
2.00 **SA20** Recent highlights.
3.00 LIVE **SA20 Durban's Super Giants v Paarl Royals.** Coverage from Hollywoodbets Kingsmead.
7.30 **Women's ICC World T20**
8.00 **Big Bash League**
9.00 **SA20** Action from Sunrisers Eastern Cape v Pretoria Capitals. **10.00** Highlights from Durban's Super Giants v Paarl Royals.
11.00 **Big Bash League**
12.00 M'T **Women's ICC World T20**
1.30 AM **Women's World Cup 2017**
1.45 **Women's ICC World T20**
2.15 LIVE **ICC U19 Women's World T20** Coverage of the 13th to 16th place play-off game.
5.30 **Jimmy Anderson's Greatest Spells** Archive highlights.
5.45 **to 6.00** AM **Blue for Bob**

Sky Sports Golf

405 515 505 423 443

6.00 AM **DP World Tour Golf**
7.30 **Ryder Cup Memories**
8.00 **DP World Tour Golf**
8.30 LIVE **DP World Tour Golf** Coverage of the first day of the Ras Al Khaimah Championship at Al Hamra Golf Club in the UAE.
1.30 PM **TGL** New York v Atlanta Drive.
3.30 **My Ryder Cup** Colin Montgomerie.
3.45 **PGA Tour Champions Learning Centre** Featuring instruction tips.
4.15 **DP World Tour Golf**
4.45 LIVE **PGA Tour Golf** Coverage of the early stages on day two of the Farmers Insurance Open.
8.00 LIVE **PGA Tour Golf** Further coverage of the second day of the Farmers Insurance Open from Torrey Pines in La Jolla, California.
12.00 M'T **DP World Tour Golf**
12.30 AM **Celebrity Kop Club**
12.45 **My Ryder Cup**
1.30 **DP World Tour Golf**
2.00 **PGA Tour Golf**
3.00 **Playing Lessons**
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **US Open Classic Matches**
7.00 **WTA Tennis** Hobart International. **8.00** The 2024 WTA Finals.
9.00 **Tennis** Tournament highlights.
12.00 NOON **ATP Tennis**
1.00 PM **Murray's Moments**
3.00 **US Open Classic Matches**
4.00 **Tennis** The United Cup final.
6.00 **US Open** Recent highlights.
8.00 **Adam Hills: Foot Fault**
9.15 **WTA Tennis** Hobart International.
10.10 **ATP Tennis** Hong Kong Open.
11.05 **Tennis** The United Cup final.
1.00 AM **US Open Tennis**
4.00 **to 6.00** AM **Murray's Moments**

TNT Sports 1

410 870 527 408 430

6.00 AM LIVE **T20 Super Smash Auckland Aces v Otago Volts.** From Eden Park in Auckland.
7.15 **The Edge** Australia v England.
7.45 LIVE **Women's Ashes Australia v England.** Coverage of the second T20 at Manuka Oval.
12.45 PM **TNT Sports Cricket Reload**
1.00 **T20 Cricket Highlights**
2.00 **In My Blood** Chelcee Grimes.
2.15 **Sign Up – Into Football**
3.00 **SailGP Highlights**
4.00 **Ultimate Pool** Champions League.
5.30 **T20 Cricket Highlights**
6.30 **NBA Action** The latest action.
7.00 LIVE **UEFA Europa League Manchester United v Rangers.** The league-phase match staged at Old Trafford. Kick-off **8.00pm**.
10.30 **Europa & Conference League**
11.30 **Premier League Reload**
11.45 **TNT Sports Cricket Reload**
12.00 M'T **NBA Tip-Off**
12.30 AM LIVE **NBA Milwaukee Bucks v Miami Heat.** Coverage of the Eastern Conference match from Fiserv Forum. Tip-off **12.30am**.
3.00 LIVE **NBA Los Angeles Lakers v Boston Celtics.** The inter-conference game. Tip-off **3.00am**.
5.30 **to 6.30** AM **Inside the NBA**

TNT Sports 2

411 871 528 409 431

6.00 AM **Women's Ashes** Highlights.
7.00 **T20 Cricket Highlights**
8.00 **A-League Women Highlights**
8.30 **Ultimate Pool** Champions League.
10.00 **Isuzu UTE A-League**
11.00 **SailGP Highlights**
12.00 NOON **Vendee Globe Highlights**
12.30 PM **The Football's On**
1.30 **UEFA Champions League Highlights Show**
2.30 **UEFA Champions League**
4.30 **Premier League: Big Interview**
5.00 LIVE **UEFA Europa League TSG 1899 Hoffenheim v Tottenham Hotspur.** Coverage of the league-phase match staged at PreZero Arena. Kick-off **5.45pm**.
8.15 LIVE **UEFA Europa League Lazio v Real Sociedad.** The league-phase match from Stadio Olimpico. Kick-off is at **8.00pm**.
10.00 **Women's Ashes** Highlights.
11.00 **The Edge** Australia v England.
11.30 **TNT Sports Reload**
12.00 M'T **UEFA Europa League**
2.30 AM **TNT Sports Reload**
2.45 **HSBC SVNS Highlights**
3.45 **to 6.00** AM LIVE **HSBC SVNS** Coverage of the opening day of the third round of the season staged at HBF Park in Perth.

TNT Sports 3

417 874 529 410 432

6.00 AM **UEFA Champions League**
10.30 **The WRC Magazine**
11.00 **Serie A** Recent highlights.
1.00 PM **Serie A – Full Impact**
1.30 **What I Wore** Kyle Walker.
1.45 **Premier League Reload**
2.00 **Premier League Netbusters**
2.30 **Premier League Legends**
4.00 **Isuzu UTE A-League**
5.00 **Serie A – Full Impact**
5.30 LIVE **UEFA Europa League AZ Alkmaar v AS Roma.** The league-phase match staged at AFAS Stadion. Kick-off **5.45pm**.
7.45 LIVE **UEFA Europa League Eintracht Frankfurt v Ferencvaros.** Coverage of the league-phase match at Deutsche Bank Park. Kick-off is at **8.00pm**.
10.00 **Serie A** Recent highlights.
12.00 M'T **SailGP Highlights**
1.00 AM LIVE **Women's T20 Super Smash Canterbury Magicians v Wellington Blaze.** Coverage of the match from Hagley Oval in Christchurch.
4.30 **TNT Sports Cricket Reload**
4.45 **to 6.00** AM LIVE **T20 Super Smash Canterbury Kings v Wellington Firebirds.** Coverage from Hagley Oval in Christchurch.

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
7.00 **NFL Bitesize Highlights**
8.00 **NFL: America's Game**
9.00 **NFL Highlights**
10.00 **Super Bowl LIV Highlights**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** Los Angeles Chargers v Kansas City Chiefs. **4.00** Action from the fourth Divisional play-off match.
5.00 **NFL: America's Game**
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Gameday** A round-up of the latest American football news.
8.30 **NFL Bitesize Highlights** Brief highlights of the first Divisional play-off match. **8.45** Action from the second Divisional play-off match.
9.00 **Super Bowl LVII Highlights** Philadelphia Eagles v Kansas City Chiefs from the 2022/23 season.
11.00 **NFL Highlights** Action from the third Divisional play-off match.
12.00 M'T **The Insiders**
1.00 AM **NFL Gameday**
1.30 **NFL Bitesize Highlights**
2.00 **NBC's Pro-Football Talk**
4.00 **NFL Highlights**
5.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **Super League Highlights**
10.00 **Fight Night International**
11.00 **Big Bash League** Highlights from this year's qualifier match. **12.00** NOON A knockout match.
1.00 PM **Super League Highlights**
2.00 **Fight Night International**
4.00 **Super League Highlights**
4.30 **ICC U19 Women's World T20**
6.00 **US Open Tennis** Jack Draper v Tomas Machac in the fourth round. **7.00** Action from Jack Draper v Alex de Minaur in the quarter-finals of the 2024 US Open.
8.00 **State of Origin Rugby League**
9.00 **Women's State of Origin**
10.00 **The Rugby Championship** New Zealand v Argentina.
12.05 AM **Top Rank Boxing Archive**
1.15 **ICC U19 Women's World T20**
3.15 **SA20** Recent T20 action.
4.15 **Super League Highlights**
5.00 **to 6.00** AM **Big Bash League**

TNT Sports 4

421 876 530 411 434

6.00 AM **Serie A** Recent highlights.
8.00 **Premiership Women's Rugby**
9.00 **MLB** Best games of 2022.
10.00 **MLB Classic** Baseball highlights.
1.00 PM **NBA** Dallas Mavericks v Minnesota Timberwolves.
2.30 **MLB Classic** Action from 2001.
4.00 **TNT Sports Reload**
4.30 **The WRC Magazine**
5.00 LIVE **World Rally Championship** The Rallye Monte-Carlo, the opening round of the season featuring the first, second and third special stages.
7.00 LIVE **NBA Indiana Pacers v San Antonio Spurs.** Coverage of the inter-conference match from Accor Arena. Tip-off **7.00pm**.
9.30 **Fight Week** UFC 311 review.
10.00 **UFC Greatest Fights**
11.00 **UFC Ultimate Knockouts**
12.30 AM **UFC Ultimate Submissions**
4.30 **Fight Week** UFC 311 review.
5.00 **TNT Sports Reload**
5.15 **to 5.45** AM **A-League Women**

Eurosport 1

413 870 521 412 435

6.00 AM **Australian Open Tennis**
8.00 **Australian Open: Courtside**
8.30 LIVE **Australian Open Tennis** Coverage of the opening women's singles semi-final on day 12 of the first Grand Slam event of the season staged at Melbourne Park.
10.30 LIVE **Australian Open Tennis** Coverage of the second women's singles semi-final on day 12 of the first Grand Slam event of the season from Melbourne Park.
12.30 PM **Australian Open: Courtside**
1.00 **Australian Open Tennis** Action from the quarter and semi-finals.
1.00 AM LIVE **Australian Open Tennis** Coverage of the mixed doubles final on day 13 of the first Grand Slam event of the season staged at Melbourne Park.
3.00 **Australian Open Tennis**
3.30 **to 6.30** AM LIVE **Australian Open Tennis** The opening men's singles semi-final on the 13th day at Melbourne Park.

Eurosport 2

414 871 522 413 436

6.00 AM **Ice Hockey** From Turin, Italy.
8.00 **Ski Jumping** From Poland.
9.00 **Alpine Skiing** From Switzerland.
9.55 LIVE **Alpine Skiing** Coverage of day three of training for the men's downhill from Kitzbuhel, Austria.
11.30 **Discovery Golf** The latest action.
12.00 NOON **Charlotte Bankes Sierra Nevada 2024**
12.15 PM **Biathlon** From Germany.
1.15 LIVE **Biathlon** The women's 7.5km sprint from Antholz, Italy.
2.45 **Winter Sport: Kirsty Muir – Copper Mountain 2023**
3.00 **Snooker: German Masters**
5.00 **Cross-Country Skiing**
6.00 **Short Track Speed Skating**
7.00 **Biathlon** From Antholz, Italy.
8.00 **Show Jumping** From Germany.
9.00 **Snooker: UK Championship**
11.00 **Biathlon** From Antholz, Italy.
12.00 M'T **Alpine Skiing** Recent action.
2.00 AM **Snooker: Scottish Open**
4.00 **Ski Jumping** From Poland.
5.00 **to 6.00** AM **Biathlon**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
9.00 **Good Morning Transfers**
10.00 **The Football Show**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk** Latest sports news with live analysis and comments.
5.00 LIVE **PGA Tour Golf** Coverage of the early stages on day two of the Farmers Insurance Open from Torrey Pines in La Jolla, California.
8.00 LIVE **PGA Tour Golf** Further coverage of day two of the Farmers Insurance Open at Torrey Pines in La Jolla, California. Tiger Woods holds the record for the amount of wins at this event, picking up seven victories since his first win in 1999. His last triumph here came back in 2013 when he finished four strokes ahead of Brandt Snedeker and Josh Teater.
12.00 M'T **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Formula 1** From Belgium.
2.15 PM **Ted's Notebook**
2.45 **Lewis' Mercedes Farewell**
3.00 **Formula 1** The build-up to the 2024 Belgian Grand Prix. **4.25** The Belgian Grand Prix. **6.20** Reaction and analysis from the 2024 Belgian Grand Prix.
7.30 **Ted's Notebook**
8.00 **Lewis' Mercedes Farewell**
8.15 **Ted Drives: F1 Car**
8.30 **Formula 1** Belgian Grand Prix.
10.35 **Vegas Hot Lap**
10.45 **Lewis' Mercedes Farewell**
11.00 **Formula 1** Belgian Grand Prix.
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Friday

24 January

Evening Planner

Thriller

The Killer
Sky Premiere, 11.55am & 8pm
John Woo directs this remake of his 1989 film, with Nathalie Emmanuel starring as an assassin with a conscience.

Factual

Amanda & Alan's Spanish Job
BBC1, 8pm
Amanda Holden and Alan Carr are in Spain for their latest renovation project.

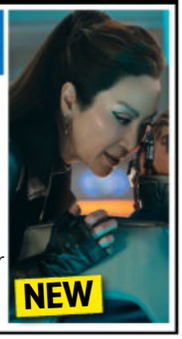
Entertainment

The Traitors
BBC1, 9pm
Can the Faithful root out the Traitors in tonight's final to take the money, or will the Traitors win the game – and the gold?

OnDemand

Paramount+

Star Trek: Section 31
Available today
Michelle Yeoh reprises her role of Emperor Philippa Georgiou from *Star Trek: Discovery* in this sci-fi drama.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 Would I Lie to...	8.00 Amanda &...	8.30 The Traitors		9.40 The Traitors: Uncloaked		10.25 News; Local News
	102 BBC2	7.00 Monty Don's British Gardens		8.00 Winterwatch		9.00 Bloody Mary: Lucy Worsley Investigates		10.00 Detectorists	10.30 Newsnight
	103 ITV1	‹ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 True Crime Presents: Murder Without...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Food...	8.30 Travel Man...	9.00 8 Out of 10 Cats Does Countdown		10.00 The Last Leg	
	105 CHANNEL 5	7.00 Inside the Hilton: Park Lane		8.00 Susan Calman's Cruise of a Lifetime		9.00 The Good Ship Murder		10.00 Greatest TV Moments of the 70s	
	106 SKY SHOWCASE	7.00 The Simpsons				9.00 Alan Carr: Regional Trinket			10.15 A League of Their Own
ENTERTAINMENT	115 BBC3		7.15 Top Gear		8.20 The Simple Life	9.00 Film: The Shining			
	116 BBC4	7.00 TOTP: 1997		8.00 TOTP: 1980	8.40 TOTP: 1991	9.05 TOTP: 1975	9.45 Neil Diamond...		10.25 Neil Diamond at...
	118 ITV2	‹ 6.55 Celebrity Wheel of Fortune		8.00 Deal or No Deal Celebrity Special		9.00 Love Island: All Stars		10.05 Family Guy	
	136 MORE4	‹ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 Astrid: Murder in Paris		10.05 24 Hours in A&E	
	135 E4	7.00 The Simpsons	7.30 Modern Family	8.00 The Simpsons		9.00 Celebrity Gogglebox for SU2C		10.00 Film: Passengers	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI				10.00 The Rookie	
	108 SKY ATLANTIC	‹ 6.45 Billions		7.55 Game of Thrones		9.00 The Gilded Age		10.05 Lockerbie: A Search for Truth	
	110 U&GOLD	‹ 6.40 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Gavin & Stacey	10.00 The Royle Family	10.35 dinnerladies
	111 U&DAVE	7.00 QI XL	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Unforgotten	
	120 ITV4	‹ 6.00 World Series of Darts: Dutch Masters – Live: Coverage of day one						10.00 An Audience with Billy Connolly	
	112 COMEDY CENTRAL	‹ 6.55 Friends				9.00 Mr Bean		10.00 Film: Beavis and Butt-Head Do the...	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 The Walking Dead		10.00 Grimm	
	113 SKY MAX	7.00 Stargate Universe		8.00 The Ultimate Adventure Movies		9.00 Strike Back: Vengeance		10.00 A League of Their Own	
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Marvin Gaye: Live at Montreux 1980			9.15 Stax: Soulsville USA		
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Gold Rush		9.00 Mystery at Blind Frog Ranch		10.00 Moonshiners	
	162 ANIMAL PLANET	7.00 Crikey! It's the Irwins		8.00 Insane Pools: Off the Deep End		9.00 Monsters Inside Me		10.00 Alaska: The Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Draining the Bermuda Triangle		9.00 JFK: The Lost Bullet		10.00 UFOs: Investigating the Unknown	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Container Wars		9.00 Royal Autopsy		10.00 Ancient Aliens: Origins	
	155 U&YESTERDAY	7.00 Canal Boat Diaries		8.00 Trawlermen: Hunting the Catch		9.00 The Warship: Tour of Duty		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Dart Kings		8.00 King of the Apocalypse				10.00 Music Box	
FILMS – Sky Cinema	301 PREMIERE	‹ 5.50 The Fall Guy		8.00 The Killer					10.15 Bad Boys: Ride or Die
	302 FEEL GOOD	‹ 5.50 Crazy Rich Asians		8.00 Mamma Mia!				10.00 Ray	
	303 HITS	‹ 5.45 Ferrari		8.00 A Star Is Born					10.20 8 Mile
	304 GREATS	‹ 5.45 The Sting		8.00 Top Gun				10.00 Bad Boys	
	305 ANIMATION	‹ 5.35 Happy Feet	7.30 Happy Feet Two				9.20 Migration		
	306 FAMILY	‹ 6.00 Daddy Day Camp	7.45 A Tiger's Journey				9.35 Paulie		
	307 STUNTS	‹ 5.45 Transformers: Rise of the Beasts		8.00 The Equalizer 3				10.05 Sin City	
	308 COMEDY	‹ 6.25 Kangaroo Jack		8.00 Death Becomes Her			9.45 Trainwreck		
	309 CRIME	‹ 5.35 Bad Boys II		8.00 Bad Boys: Ride or Die				10.00 Pulp Fiction	
	310 DRAMA	‹ 5.45 A League of Their Own		8.00 Catch Me If You Can					10.20 Charlie Wilson's War
	311 SCI-FI	‹ 6.00 Star Trek III – The Search for Spock		8.00 Five Nights at Freddy's				10.00 The Nun II	
	313 FILM4	‹ 6.45 The Mountain Between Us				9.00 Venom			
SPORT	401 MAIN EVENT	‹ 3.00 SA20 – Live	7.30 EFL – Live: Sheffield United v Hull City (Kick-off 8.00)						10.30 Golf – Live
	402 PREMIER LEAGUE	7.00 PL Preview	7.30 The Big Interview	8.00 Fantasy Show	8.30 Gary Neville's...	9.00 PL Preview	9.30 Big Interview	10.00 PL Icons	
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Sheffield United v Hull City (Kick-off 8.00)						10.30 EFL Greatest...
	404 CRICKET	‹ 3.00 SA20 – Live	7.30 Women's ICC...	8.00 Big Bash League		9.00 SA20			
	410 TNT SPORTS 1	7.00 Gallagher Premiership Rugby Union – Live: Harlequins v Northampton Saints (Kick-off 7.45)						10.00 Big Interview	10.30 PL Preview
	411 TNT SPORTS 2	7.00 UEFA Magazine	7.30 UEFA Europa League & Conference...		8.30 SailGP Highlights		9.30 The Muddy Roots of Football		

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Rip Off Britain: Holidays** Series finale The costs incurred by a couple after airline mishaps. (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Father Brown** New episode *The Horns of Cernunnos:* 3/10. A young woman is plagued by otherworldly visions. (S12) (S)(AD)
2.45 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition (S)
4.30 **The Travelling Auctioneers** New edition From Birmingham. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.40 The Traitors: Uncloaked

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **Would I Lie to You?** New edition Guest panellists Kadeena Cox, Harriet Kemsley, Ivo Graham and Eddie Marsan join the regulars. (S)

8 PM

8.00 **NEW SERIES Amanda & Alan's Spanish Job** 1/8. The duo transform a run-down townhouse into a B&B. *See feature, page 12.* (S)(AD) ■ Entire series on BBC iPlayer
8.30 **The Traitors** Series finale 12/12. Claudia Winkleman presents the final of the game of treachery and trust, as the Faithful hope to weed out all the Traitors and split the prize pot between them. (S)(AD)

9 PM

9.40 **The Traitors: Uncloaked** Series finale 12/12. The finalists join Ed Gamble for their first interviews in a special edition in front of a live audience. Claudia Winkleman also reflects on the series outcome. (S)(AD)

10 PM

10.25 **BBC News** (S)
10.55 **Local News** (S)
11.05 **The Graham Norton Show** New edition 15/21. Graham is joined by Reese Witherspoon, Will Ferrell, Ariana Grande and Don Gilet with news of their latest projects. Plus, music by Olly Alexander. (S)
11.55 **FILM Defiance** World War Two action drama starring Daniel Craig, Liev Schreiber and Jamie Bell. (S)(AD) (2008, 15, 130min) ★★★★
2.05 AM **Weather for the Week Ahead** Seven-day forecast. (S)
2.10 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **Escape to the Country** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Lorraine Pascale – How to Be a Better Cook** (S)(R)
8.30 **Sign Zone: Joanna Page's Wild Life** A fox cub gets its head stuck in some netting. (S)(R)
9.00 **BBC News** (S)
1.00 PM **LIVE Bowls: World Indoor Championships** Coverage from Potters Resorts at Hopton-on-Sea, Norfolk, featuring the second and third open singles quarter-finals. (S)
5.15 **Flog It!** Memorable finds. (S)(R)
6.00 **Richard Osman's House of Games** New edition Eniola Aluko, Phil Daniels, Nikita Kanda and Danny Miller take part. (S)
6.30 **Joanna Page's Wild Life** Series finale 15/15. Joanna's training comes to an emotional end. (S)

7.00 Monty Don's British Gardens

7.00 **Monty Don's British Gardens** New edition 3/5. Monty travels across one of the widest parts of Britain, from the western Atlantic coast in Wales through the hilly Midlands and down to the low-lying eastern coast of Norfolk. (S)(AD)
8.00 **Winterwatch** Series finale 4/4. Michaela Strachan, Chris Packham and the team follow the fortunes of wildlife around the UK. (S)
9.00 **Bloody Mary: Lucy Worsley Investigates** Series finale 4/4. Lucy Worsley asks whether 'Bloody Mary', England's first crowned queen and Henry VIII's eldest daughter, should be remembered as a pioneer or a tyrant. (S)(AD)
10.00 **Detectorists** 2/6. A mole leaks information about the Holy Grail of metal detecting to members of a rival club. (S1) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **FILM Before I Go to Sleep** Thriller starring Nicole Kidman and Colin Firth. A woman who cannot retain her memories tries to piece together her past, and fears her husband is hiding something from her. (S) (2014, 15, 85min) ★★★
12.30 AM **Sign Zone: Panorama – Should We Still Be Working From Home?** (S)(R)
1.00 **Sign Zone: 1066 – Lucy Worsley Investigates** (S)(R)(AD)
2.00 **Sign Zone: Lucan** (S)(R)(AD)
3.00 **to 6.00** AM **Previews** (S)

ITV1

103 | 103 | 803 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Tipping Point: Best Ever Finals** Two more of the show's most dramatic endgames. (S)(R)
2.30 **Pictionary** New edition Laurence Llewelyn-Bowen and Denise Van Outen take part. (S)(AD)
3.00 **Lingo** New edition Word-based quiz show hosted by Adil Ray. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Sue takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Coronation Street

7.30 **Emmerdale** Laurel seeks religious guidance in the face of her guilt, Steph questions her parents, and the tooth lies undiscovered. (S)(AD)
8.00 **Coronation Street** Tracy encourages Leanne to take back what is hers, Ken confronts Cassie with Daniel's allegation, Daisy decides to keep the DNA test result a secret, and David arms himself to protect his family. (S)(AD)
9.00 **True Crime Presents: Murder Without Motive** New edition As the documentary series continues, Tony Blockley and his team find a perplexing murder scene and launch an inquest. (S)(AD)
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Face/Off** Action thriller starring John Travolta and Nicolas Cage. An FBI agent has the face of a comatose terrorist grafted in place of his own in order to assume the man's identity and extract top-secret information. With Joan Allen, Alessandro Nivola, Gina Gershon and Dominique Swain. (S)(AD) (1997, 18, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.00 AM **Teleshopping**
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 804 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 4-6/26. (S10) (S)(R)
7.45 **The King of Queens** (S9) (S)(R)
8.40 **Frasier** 2-5/24. (S2) (S)(R)(AD)
10.40 **Ramsay's Kitchen Nightmares USA** Catch-up edition. (S)(R)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition In France, B&B owners Paul and Melissa have to adapt their accommodation. (S)
5.00 **Junior Bake Off** Series finale 15/15. The four finalists battle it out to be crowned the winner. (S)(AD)
6.00 **A Place in the Sun** New edition Sara Damergi meets Jaazzmina and Mark, who hope to establish a smallholding and wellness retreat in Spain's Almería Province. (S)

8.30 Travel Man: 48 Hours in...

7.00 **News** (S)
8.00 **Food Unwrapped** New edition Kate Quilton discovers how cold-brew coffee differs from iced coffee. (S)(AD)
8.30 **Travel Man: 48 Hours in Washington, DC** New edition Joe Lycett is joined by Phil Wang. (S)(AD)
9.00 **8 Out of 10 Cats Does Countdown** New edition Jimmy Carr hosts as Jon Richardson and Big Zuu take on Danny Dyer and Helen Bauer. Plus, Mat Ewins joins lexicographer Susie Dent in Dictionary Corner. (S)
10.00 **NEW SERIES The Last Leg** Adam Hills, Josh Widdicombe and Alex Brooker are joined by guests for a comic review of the significant moments from the past seven days. (S)
11.05 **Sarah Millican: Bobby Dazzler** Stand-up performance. (S)(R)
12.10 AM **FILM Hancock** Action comedy fantasy starring Will Smith, Jason Bateman and Charlize Theron. (S)(AD) (2008, 12, 90min) ★★★
1.40 **Ramsay's Kitchen Nightmares USA** From Colorado. (S)(SL)(R)
2.30 **Undercover Boss USA** (S)(R)
3.20 **Manhunt** (S)(SL)(R)(AD)
4.15 **Sunday Brunch Best Bits** (S)(R)
4.25 **to 6.05** AM **Frasier** (S)(R)(AD)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **Friends** (S8) (S)(R)(AD)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 **Real Murders: An Aurora Teagarden Mystery** Crime drama starring Candace Cameron Bure. (S)(R)
4.00 **Bargain-Loving Brits in the Sun** New edition Documentary following Brits who have moved to Spain. (S)(AD)
5.00 **News** (S)
6.00 **Winter Road Rescue** Double bill of the documentary following snowplough teams and RAC patrols in Scotland and the north of England. (S)(R)
6.55 **News** (S)

9.00 The Good Ship Murder

7.00 **Inside the Hilton: Park Lane** Staff are busy preparing for two huge parties for the Pride Parade, which starts on the Hilton's doorstep. (S)(R)
7.55 **News** (S)
8.00 **Susan Calman's Cruise of a Lifetime** New edition The comedian is in the Caribbean on a 100-passenger super yacht, travelling around the Leeward Islands. (S)
9.00 **The Good Ship Murder** New episode *Madeira:* 3/7. In Madeira, Jack and Kate are drawn into the murder of Max King, a charismatic yet ruthless vineyard owner. (S2) (S)(AD)
10.00 **Greatest TV Moments of the 70s** 4/4. Matthew Kelly takes a look back at the most popular TV shows from 1978, where hits included *The Sweeney* and *All Creatures Great and Small*. (S)(R)
12.05 AM **Million Pound Motorhomes** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Inside Legoland: A World of Wonder** Documentary. (S)(R)
3.50 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)(AD)
4.40 **Divine Designs** (S)(SL)(R)
5.05 **Wildlife SOS** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Universe** (S)(R)
11.00 **Orangutan Jungle School** (R)
12.00 NOON **Supergirl** (S6) (S)(R)
1.00 PM **S.W.A.T.** (S5) (S)(R)(AD)
3.00 **NCIS: New Orleans** (S7) (S)(R)
4.00 **MacGyver** 1/15. (S5) (S)(R)
5.00 **The Simpsons** *Judge Me Tender:* Moe is approached by a TV agent to join the *American Idol* judging panel. (S)(R) **5.30** *Boy Meets Curl:* Homer and Marge play for a curling team in the Winter Olympics. (S)(R)
6.00 **The Office (US)** 21/26. Oscar sets up a happy hour. (S)(R) **6.30** 22/26. Oscar makes a video comparing Kevin to the Cookie Monster. (S6) (S)(R)

9.00 Alan Carr: Regional Trinket

7.00 **The Simpsons** *Every Man's Dream:* Homer and Marge visit a marriage counsellor and decide on a trial separation. (S)(R) **7.30** *'Cue Detective:* Homer is challenged to a barbecue cook-off by a TV chef. (S)(R)
8.00 **The Simpsons** *Puffless:* Patti moves in with Homer and Marge. (S)(R) **8.30** *Friend with Benefit:* Lisa makes friends with a new girl at school whose father is a billionaire. With the guest voice of Kristen Bell. (S)(R)
9.00 **Alan Carr: Regional Trinket** A stand-up show by the comedian that is all about finding happiness and joy in the small things in life. (S)(R)
10.15 **A League of Their Own** 3/8. Romesh Ranganathan hosts the comedy quiz, with regulars Jill Scott, Jamie Redknapp and Micah Richards joined by guests Jorginho and Danny Dyer. (R)
11.15 **Karl Pilkington: The Moaning of Life** 3/6. Karl meets a group of vigilante superheroes as he goes in search of people with unique attitudes. (S)(R)(AD)
12.15 AM **Sex and the City** (S)(R)
1.35 **Brit Cops: Rapid Response** (R)
2.30 **Road Wars** (S)(R)
3.00 **NCIS: New Orleans** (S7) (S)(R)
4.00 **MacGyver** (S5) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.55pm Jules and Greg's Wild Swim (S)(R) **12.25am** FILM Defiance (S)(AD) (2008, 15, 130min) ★★★★ **2.35** Weather for the Week Ahead (S) **2.40-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
7.30-8.00pm Suzie Lee: Home Cook Hero (S)(R)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
7.00pm Nigel Slater's Simple Cooking (S)(R) **7.15** LIVE Scrum V (S) **9.35** Winterwatch Series finale (S) **10.35** Newsnight (S) **11.05** Weather (S) **11.10** Bloody Mary: Lucy Worsley Investigates Series finale (S)(AD) **12.10-12.30am** Coast (S)(R)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Colleen Ramsey: Bywyd a Bwyd **12.30** Heno **1.00** Pen/Campwyr **1.30** Y Fets (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Ty Ffit **4.00** Awr Fawr **5.00** Stwnsh **6.00** Welsh Whisperer – Ni'n Teithio Nawr! (AD) **6.30** Colleen Ramsey: Bywyd a Bwyd **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Noson Lawen **8.55** Newyddion a'r Tywydd **9.00** Iolo a Dewi: Y Tad a'r Mab a Zambia **10.00** Curadur New edition **10.30-11.35pm** Ar y Ffin (AD)

TV&Satellite week
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BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **The Fast and the Farmer-ish** Teams from England and Wales rev up for a thrilling semi-final.
7.15 **Top Gear** Matt LeBlanc and Chris Harris test off-roaders in the forests of California.
8.15 **The Catch Up**
8.20 **The Simple Life** Paris Hilton and Nicole Richie take on an internship with a wedding planner. **8.40** Paris and Nicole intern at a dentist's office.
9.00 FILM **The Shining** Director Stanley Kubrick's chilling adaptation of the Stephen King bestseller, starring Jack Nicholson and Shelley Duvall. A writer's job as a winter caretaker in a remote hotel puts his family in peril. (1980, 15, 119min) ★★★★★
10.55 **Him & Her: The Wedding**
12.25 AM **Life and Death Row** Following the campaign to stop Ivan Cantu's execution.
1.25 **Top Gear** As 7.15pm.
2.30 **The Fast and the Farmer-ish** As 7.00pm.
2.40 **to 3.55** AM **Cuckoo**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1997** Featuring James, DJ Kool, Space, The Wonders and Warren G. **7.30** Performances by the Bee Gees, Republica, Sash!, Spice Girls and No Doubt.
8.00 **TOTP: 1980** Performances from The Buggles, The Nolans and Suzi Quatro.
8.40 **TOTP: 1991** Performances by Tongue 'N' Cheek, Robert Palmer and 2 in a Room.
9.05 **TOTP: 1975** With Desmond Dekker, Jasper Carrott and Gilbert O'Sullivan.
9.45 **Neil Diamond: In Concert** The singer-songwriter is joined by horn and string sections to perform a selection of his greatest hits.
10.25 **Neil Diamond at the BBC** The pick of the singer's performances for the broadcaster over the years.
11.25 **Solitary Man: Neil Diamond** Documentary.
12.25 AM **Neil Diamond: Electric Prom**
1.30 **TOTP: 1997** Double bill.
2.30 **TOTP: 1980** As 8.00pm.
3.10 **to 3.50** AM **TOTP: 1975**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
10.25 **A New Life in the Sun**
11.25 **Find It, Fix It, Flog It**
12.30 PM **Come Dine with Me** Five editions of the culinary contest from Leeds.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a 1962 Mini Cooper belonging to a former rally driver. **6.55** Featuring an appearance by Roger Moore.
7.55 **Grand Designs** Kevin McCloud meets widowed teacher Gretta, who is making a fresh start in Cambridgeshire with a new home being designed by her nephew and project managed by her brother-in-law.
9.00 NEW SERIES **Astrid: Murder in Paris** 1/8. Return of the French crime drama. Astrid and Raphaëlle find that they have a modern version of a locked room mystery to investigate after the theft of a unique diamond from a gallery leaves one man dead. Subtitled. (S4)
10.05 **24 Hours in A&E**
11.10 **Emergency Helicopter Medics** Documentary.
12.15 AM **999: On the Front Line**
1.20 **24 Hours in A&E**
2.20 **Emergency Helicopter...**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Junior Bake Off**
8.00 **Brooklyn Nine-Nine**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** Double bill of the animated comedy.
7.30 **Modern Family** 6/18. Gloria baptises the twins. (S11)
8.00 **The Simpsons** *Mr Lisa's Opus:* A future Lisa writes her application for Harvard. **8.30** *Gone Boy:* A search party is launched after Bart goes missing.
9.00 **Celebrity Gogglebox for SU2C** Featuring Michelle Visage, Graham Norton, Matt Lucas and Michael Sheen.
10.00 FILM **Passengers** Sci-fi drama starring Jennifer Lawrence and Chris Pratt. Two travellers on a spaceship are woken 90 years before the end of their colonisation mission. (2016, 12, 116min) ★★★
12.20 AM **Naked Attraction**
2.25 **Gogglebox**
3.20 **The Simpsons**
4.10 **Brooklyn Nine-Nine**
4.35 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

Friday primetime primetime

FRIDAY Entertainment

Friday

Sky Witness

107 807 110 341 356

- **6.00** AM **The Force: Manchester**
- **7.00** **Motorway Patrol**
- **8.00** **Border Patrol**
- **9.00** **Brit Cops: Rapid Response**
- **10.00** **Border Security: Canada's Front Line** Double bill.
- **11.00** **Bull** 14/22. (S6)
- **12.00** NOON **FBI** 14/22. An off-duty security agent is killed. (S5)
- **1.00** PM **FBI: International** (S2)
- **2.00** **FBI: Most Wanted** 14/22. A rising star triathlete is found savagely murdered. (S4)
- **3.00** **UK Border Force**
- **4.00** **Nothing to Declare**

10.00 The Rookie

7 PM

- **7.00** **Nothing to Declare** Officials continue to question a Chinese man. **7.30** A suspicious package is investigated.

8 PM

- **8.00** **FBI** *Torn:* 21/22. After finding a group of teens dead from a drug overdose, the team try to find the dangerous dealer.

9 PM

- **9.00** **FBI** *God Complex:* 22/22. A doctor is found dead in a ritualistic slaying, while Scola faces a life-or-death decision. (S5)

10 PM

- **10.00** **The Rookie** *Warriors and Guardians:* 4/20. Officer Nolan tries to adjust to his new training officer's approach. (S2)
- **11.00** **The Rookie** 5/20. (S2)
- **12.00** M'T **Chicago PD** 11/13. (S11)
- **1.00** AM **Chicago Med** 11/13. (S9)
- **2.00** **FBI** 15/22. The team investigate an ex-Marine gone rogue. (S5)
- **3.00** **Bull** 14/22. (S6)
- **4.00** **The Real A&E** Double bill.
- **5.00** **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

- **6.00** AM **The Guest Wing**
- **8.00** **The Sopranos** 6&7/13. (S5)
- **10.00** **Billions** 5&6/12. (S3)
- **12.10** PM **Game of Thrones** (S2)
- **1.10** **Perry Mason** 7&8/8. (S1)
- **3.30** **The Sopranos** 8/13. Carmela's father celebrates his birthday. **4.35** 9/13. Meadow organises her boyfriend's finances. (S5)
- **5.40** **Billions** 5/12. Taylor travels to Silicon Valley to explore new business opportunities. **6.45** 6/12. Axe tracks down a critical piece of evidence that could destroy him. (S3)

3.30 The Sopranos

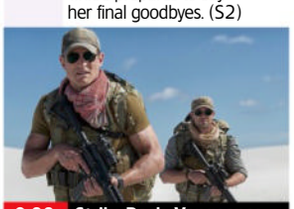
- **7.55** **Game of Thrones** *The Ghost of Harrenhal:* 5/10. The end of the Baratheon brothers' rivalry provides Lord Baelish with a chance to further his ambitions. (S2)
- **9.00** **The Gilded Age** *His Grace the Duke:* 4/8. Ada asks Marian to cover for her as she continues to see Mr Forte. (S2)
- **10.05** **Lockerbie: A Search for Truth** 4/5. Jim grows closer to the wrong man, and as a result pulls away from his family. (S1)
- **11.10** **The Wire** 8/12. Avon plans a trap for Marlo. (S3)
- **12.15** AM **Band of Brothers** 1/10. World War Two drama. (S1)
- **1.40** **Game of Thrones** As 7.55pm.
- **2.45** **Gomorrah** 10/12. (S3)
- **3.50** **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

- **6.00** AM **S.W.A.T.** 8&9/22. (S5)
- **8.00** **Supergirl** 11/20. (S6)
- **9.00** **Stargate Universe** (S2)
- **11.00** **DC's Legends of Tomorrow**
- **12.00** NOON **Supergirl** 13/20. (S6)
- **1.00** PM **S.W.A.T.** 10&11/22. (S5)
- **3.00** **NCIS: New Orleans** (S7)
- **4.00** **MacGyver** 1/15. (S5)
- **5.00** **DC's Legends of Tomorrow** 8/13. Sara starts to realise her team are making questionable choices. (S7)
- **6.00** **Stargate Universe** 9/20. Chloe prepares to say her final goodbyes. (S2)



9.00 Strike Back: Vengeance

- **7.00** **Stargate Universe** *Resurgence:* 10/20. The crew members investigate an array of wrecked ships. (S2)
- **8.00** **The Ultimate Adventure Movies** A look into outstanding films from the genre.
- **9.00** **Strike Back: Vengeance** 3/10. Stonebridge undergoes a psychiatric assessment in order to rejoin Section 20. (S3)
- **10.00** **A League of Their Own** Romesh Ranganathan hosts the comedy quiz, with Jorginho and Danny Dyer joining the regulars.
- **11.00** **Karl Pilkington: The Moaning of Life** 3/6. Karl meets a group of vigilante superheroes in San Diego.
- **12.00** M'T **The Force: North East**
- **1.00** AM **Road Wars**
- **2.00** **Brit Cops: Rapid Response**
- **3.00** **NCIS: New Orleans** 4/16. (S7)
- **4.00** **MacGyver** 1/15. (S5)
- **5.00** **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

- **6.00** AM **CITV**
- **9.00** **Totally Bonkers Guinness World Records**
- **9.10** **World's Funniest Videos**
- **10.00** **Secret Crush** Double bill.
- **12.00** NOON **Dinner Date**
- **1.00** PM **Supermarket Sweep**
- **2.00** **In with a Shout**
- **3.00** **Charmed** 23/23. The world becomes destabilised. (S6)
- **4.00** **Gilmore Girls** 21/22. Luke and Jess have a row. (S3)
- **4.55** **Dinner Date**
- **5.55** **Celebrity Catchphrase**

10.05 Family Guy

- **6.55** **Celebrity Wheel of Fortune** Graham Norton hosts the game show with AJ Odudu, Gok Wan and Charlotte Church.
- **8.00** **Deal or No Deal Celebrity Special** *Coronation Street* star Simon Gregson takes on the infamous Banker.
- **9.00** **Love Island: All Stars** New edition The All Stars have reached the end of an unforgettable second week in paradise.
- **10.05** **Family Guy** 5/20. Peter and the guys raise money for Jerome. (S21) **10.35** 15/20. Quagmire has hiccups. (S20)
- **11.05** **Family Guy** 16/20. (S20)
- **11.35** **American Dad!** (S17)
- **12.35** AM **Bob's Burgers** (S9)
- **1.35** **Deep Fake Neighbour Wars**
- **2.05** **World's Funniest Videos**
- **2.30** **Unwind with ITV**
- **3.00** **Teleshopping**
- **3.30** **to 4.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

- **6.00** AM **Classic Emmerdale**
- **7.00** **Classic Coronation Street**
- **8.10** **The Darling Buds of May**
- **9.30** **The Royal** Double bill.
- **11.40** **Heartbeat** Double bill.
- **1.40** PM **Classic Emmerdale**
- **2.40** **Classic Coronation Street**
- **3.40** **A Touch of Frost** *Widows and Orphans:* Jack joins forces with DS Lawson to investigate attacks on senior citizens.
- **5.55** **Heartbeat** *Gin a Body, Meet a Body:* Bellamy allows personal feelings to cloud his judgement in a case.

11.00 Wire in the Blood

- **6.55** **Heartbeat** *Killing Me Softly:* Forged bank notes appear in the village, and Blaketon is persuaded to try a new image.
- **8.00** **Midsomer Murders** *Master Class:* During a music masterclass led by a renowned pianist, a prodigy suffers a panic attack and runs off, where she witnesses a woman drowning in a river. Guest stars James Fox and Ian Puleston-Davies.
- **10.00** **Unforgotten** 6/6. A second victim is linked to the case and the team are faced with investigating a double murder. (S5)
- **11.00** **Wire in the Blood** 3/5. Tony investigates two copycat killings in which the victims have been raped and strangled. (S5)
- **12.55** AM **The Darling Buds of May**
- **2.00** **Unwind with ITV**
- **2.30** **Teleshopping**
- **3.30** **to 4.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- **12.00** NOON **This Is BBC Scotland**
- **7.00** PM **Reporting Scotland**
- **7.15** LIVE **Sportscene: SWPL** Celtic v Hearts: The Scottish Women's Premier League clash from New Douglas Park in Hamilton. Kick-off is at 7.30.
- **9.45** **Growing Up Scottish** Comedians take a look back at Scottish homes of the past.
- **10.00** **Still Game** *Small Change:* 4/6. Jack and Victor offer some unconventional marriage guidance to Fergie. (S7)
- **10.30** **Best of Only an Excuse?** 3/4. Highlights of the comedy show starring Jonathan Watson, with Tony Roper.
- **11.00** PM **to 12.00** M'T **TRNSMT 2024** Featuring The Snuts, Sugababes, Example and Liam Gallagher.

Sky Comedy

114/115 814 112 347 362

- **8.00** AM **Ballers** 5&6/9. (S4)
- **9.10** **The Conners** (S2)
- **10.05** **Silicon Valley** (S4)
- **11.25** **Barry** 5&6/8. (S4)
- **12.45** PM **Entourage** (S5)
- **1.50** **Silicon Valley** (S4)
- **3.10** **Barry** 5&6/8. (S4)
- **4.30** **Ballers** 5&6/9. (S4)
- **5.40** **The Office (US)** (S6)
- **6.40** **The Conners** (S2)
- **7.40** **Ballers** 9/10. Ricky arrives at a crossroads. **8.20** 10/10. Spencer makes his pitch. (S3)
- **9.00** **Alan Carr: Regional Trinket** A stand-up show by the comedian.
- **10.15** **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
- **11.15** **Veep** 9/10. Selina's team face a major scandal. **11.55** 10/10. Election day arrives. (S4)
- **12.35** AM **Sex and the City**
- **2.00** NEW **Atsuko Okatsuka: The Intruder** Stand-up.
- **3.15** **to 5.00** AM **And Just Like That...**

Sky Arts

130/131 826 123 36 143 365

- **6.00** AM **Charles Hazlewood: Beethoven & Me**
- **7.00** **Sing When You Are Winning**
- **8.00** **The Joy of Painting**
- **9.00** **Tales of the Unexpected**
- **10.00** **Hitchcock Presents**
- **11.00** **Discovering**
- **12.00** NOON **Portrait Artist...**
- **1.00** PM **Tales of the...**
- **2.00** **Marcel Duchamp: The Art of the Possible**
- **3.00** **Discovering**
- **4.00** **Classic Albums**
- **5.00** **Portrait Artist 2020**
- **6.00** **Tales of the Unexpected**
- **7.00** **Alfred Hitchcock Hour**
- **8.00** **Marvin Gaye: Live at Montreux 1980**
- **9.15** **Stax: Soulsville USA**
- **11.30** **Hitsville: The Making of Motown**
- **1.30** AM **Johnson & Knopfler's Music Legends**
- **2.30** **Liam Gallagher 48 Hours at Rockfield**
- **3.30** **Discovering**
- **4.00** **Big Design Challenge**
- **5.00** **to 6.00** AM **Inside Art**

Sky Mix

151 135 11 141

- **7.00** AM **Nothing to Declare**
- **9.00** **Monkey Life**
- **10.00** **Stop, Search, Seize**
- **11.00** **Highway Patrol**
- **12.00** NOON **Motorway Patrol**
- **1.00** PM **Border Patrol**
- **2.00** **Monkey Life**
- **3.00** **Nothing to Declare**
- **4.00** **Star Trek: The Next Generation** 15/26. (S6)
- **5.00** **Stargate Atlantis** (S1)
- **6.00** **Star Trek: Deep Space Nine** 9/26. (S7)
- **7.00** **Star Trek: Voyager** (S3)
- **8.00** **Hawaii Five-0** (S7)
- **10.00** **S.W.A.T.** 14/22. (S1)
- **11.00** **Britain's Most Evil Killers** A profile of the so-called 'Railway Killers', John Duffy and David Mulcahy.
- **12.00** M'T **Snapped**
- **1.00** AM **Nothing to Declare**
- **2.00** **Brit Cops: Rapid Response** Documentary.
- **3.00** **Highway Patrol**
- **4.00** **Border Patrol**
- **5.00** **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

- **7.30** AM **Unwind**
- **7.40** **Buying the View**
- **8.10** **Abbey Clancy: Celebrity Homes**
- **9.10** **Inside M&S**
- **10.10** **Worst to First** New edition
- **11.05** **The Real Housewives of Beverly Hills**
- **12.05** PM **Abbey Clancy: Celebrity Homes**
- **1.05** **The Only Way Is Essex**
- **2.05** **Dinner Date**
- **3.10** **Scott's Vacation House Rules** New edition
- **4.05** **The Real Housewives of Beverly Hills**
- **5.00** **The Real Housewives of New Jersey**
- **6.00** **Buying and Selling**
- **7.00** **Inside M&S**
- **8.00** **Dinner Date** Matt from Somerset looks for love.
- **9.00** **Botched** Double bill.
- **10.55** **Dr. 90210**
- **11.50** **The Only Way Is Essex**
- **12.50** AM **Buying the View**
- **1.15** **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

- **8.00** AM **Diagnosis Murder**
- **10.00** **Father Dowling Mysteries** 2/13. (S2)
- **11.00** **Sue Thomas: F.B.Eye**
- **12.00** NOON **Hart to Hart**
- **2.00** PM **Father Dowling Mysteries** 7/13. (S2)
- **3.00** **Diagnosis Murder**
- **5.00** **Murder, She Wrote**
- **7.00** **M*A*S*H** 9-12/25. (S8)
- **9.00** **Randall and Hopkirk (Deceased)** *My Late Lamented Friend and Partner:* 1/26. Comedy drama. (S1)
- **10.00** **The New Avengers** *Medium Rare:* 3/13. A medium predicts Steed will be framed for murder. (S2)
- **11.00** **The Persuaders!** (S1)
- **12.00** M'T **M*A*S*H** (S8)
- **2.00** AM **Randall and Hopkirk (Deceased)**
- **3.00** **The Persuaders!** (S1)
- **4.00** **Highway to Heaven**
- **4.50** **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Minder**
7.10 **The Professionals**
8.15 **The Return of Sherlock Holmes** Murder mystery.
9.20 **Magnum, PI**
10.25 **Kojak**
11.30 **BattleBots**
12.30 PM **The Return of Sherlock Holmes** Murder mystery.
1.40 **Magnum, PI**
2.40 **Kojak**
3.50 **Minder**
4.55 **BattleBots** New edition With Ribbot and Tombstone.

6.00 World Series of Darts

6.00 LIVE **World Series of Darts: Dutch Masters** Ali Drew presents coverage of day one from Maaspoort Den Bosch in 's-Hertogenbosch, featuring first-round matches. Analysis from Mark Webster and commentary by Dan Dawson and Mark Wilson.

10.00 **An Audience with Billy Connolly** The comedian is in London to entertain a celebrity crowd including Ringo Starr and Twiggy.
11.05 **Wrestling: AEW Dynamite**
1.05 AM **Dark Side of the Ring** New edition Nick Gage.
2.00 **Minder**
3.00 **Teleshopping**
3.30 **Auto Mundial**
4.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 6/26. (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 21/26. (S5)
2.00 **Warehouse 13** 2/13. (S2)
3.00 **Stargate SG-1** 8/20. (S8)
4.00 **Star Trek: Voyager** (S2)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 6/26. The *Enterprise* is caught in an intergalactic booby trap. (S3)

11.00 True Blood

7.00 **Warehouse 13** *Mild Mannered:* 2/13. A vigilante begins using extraordinary means to thwart criminals. (S2)

8.00 **Stargate SG-1** *Covenant:* 8/20. A businessman threatens to expose all the secrets of alien life to the world. (S8)

9.00 **The Walking Dead** *Triggerfinger:* 9/13. Rick, Hershel and Glenn face foes both dead and alive after a shoot-out. (S2)

10.00 **Grimm** *Island of Dreams:* 15/22. Nick investigates a theft and murder at a spice shop. (S1)

11.00 **True Blood** 5/12. Sookie tells Bill she has decided to stop seeing him. **12.00** M'T 6/12. Sookie struggles with her emotions when the serial killer strikes close to home. (S1)
1.00 AM **SurrealEstate** (S1)
3.00 **Room 104** 7&8/12. (S2)
4.00 **to 8.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S8)
9.00 **Father Brown**
10.00 **Miss Scarlet and the Duke**
11.00 **Hudson & Rex** 16/16. (S2)
12.00 NOON **The Mentalist** (S4)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S8)
4.00 **Miss Scarlet and the Duke**
5.00 **Hudson & Rex** 16/16. After a woman is found dead, Charlie and Rex have a pool of unconnected suspects. (S2)
6.00 **Father Brown** *The Honourable Thief:* Lady Felicia's home comes under threat.

7.00 The Mentalist

7.00 **The Mentalist** *Blood and Sand:* 5/24. The team investigate the death of a girl on an island. (S4)

8.00 **White Collar** *Veiled Threat:* 5/16. Neal and Peter go undercover as bachelors to find a black widow's next target. (S3)

9.00 **Death in Paradise** *Missing a Body?* 4/8. A holiday-maker confesses to shooting dead her husband. (S1)

10.00 **Father Brown** *The Honourable Thief:* When Lady Felicia's home comes under threat, Brown seeks help from an unlikely ally.

11.00 **The Mentalist** 3/24. One of Patrick's former clients gets in touch with him when her young son is kidnapped. (S4)
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **CSI: Vegas** 10/21. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.30 AM **Highlights**
9.20 **dinnerladies**
10.00 **Are You Being Served?**
10.40 **Open All Hours**
11.20 **Last of the Summer Wine**
12.40 PM **Keeping Up Appearances**
1.20 **dinnerladies**
2.00 **Dad's Army**
2.40 **Open All Hours**
3.20 **Are You Being Served?**
4.00 **Last of the Summer Wine**
5.20 **Keeping Up Appearances**
6.00 **Are You Being Served?**
6.40 **Dad's Army**

6.40 Dad's Army

7.20 **Dad's Army** Captain Mainwaring decides to let Private Frazer take charge of the platoon.

8.00 **dinnerladies** A new table-clearing system leaves Bren cold.
8.40 **Miranda** The shop owner is trapped in her flat caring for her poorly mother.
9.20 **Gavin & Stacey** Dave is unhappy about Nessa's plan to visit Essex to let Smithy see the baby.

10.00 **The Royle Family** As the family prepare for baby David's christening, Jim embarks on a spot of DIY.
10.35 **dinnerladies** As 8.00pm.
11.15 **Miranda** As 8.40pm.
11.55 **Gavin & Stacey** As 9.20pm.
12.30 AM **The Royle Family**
1.05 **Bottom: Hooligans Island Live 1997** Eddie and Richie are marooned on an island.
3.15 **to 4.00** AM **Last of the Summer Wine**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Survivor South Africa**
8.00 **Special Ops: Crime Squad UK**
10.00 **Extreme Fishing with Robson Green** Double bill.
12.00 NOON **American Pickers**
2.00 PM **Our Guy in Colombia**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Cornwall** The chef pays a trip to Cornwall's only dedicated organic mushroom farm.
6.30 **Rick Stein's Fresh Food** The chef cooks with Caribbean fruit and vegetables.

10.00 Have I Got a Bit More...

7.00 **QI XL** With guests Sarah Millican, Tommy Tiernan and Josh Widdicombe.
7.40 **Richard Osman's House of Games** Guests include Patsy Kensit, Mae Martin and Nihal Arthanayake. **8.20** Guests include Mina Anwar, Glenn Moore and Shaun Williamson.

9.00 **QI XL** Maisie Adam, Susan Calman and Josh Widdicombe join regular panellist Alan Davies and host Sandi Toksvig.

10.00 **Have I Got a Bit More News for You** Steph McGovern hosts the satirical quiz, with Miles Jupp and Sayeeda Warsi.
11.00 **8 Out of 10 Cats** With Nadine Coyle, Spencer Matthews, Phil Wang and Vogue Williams.
12.00 M'T **Mock the Week**
1.20 AM **QI XL** As 7.00pm.
2.00 **David Mitchell's Outsiders**
3.00 **to 4.00** AM **Meet the Richardsons**

+1 hour 211/212 327 74

Friday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **A New Life in the Sun**
12.30 PM **A Place in the Sun**
2.30 **Frasier** 15-17/24. (S9)
4.00 **Junior Bake Off**
5.00 **A Place in the Sun**
6.00 **A New Life in the Sun**
7.00 **Kirstie and Phil's Love It or List It**
8.00 **Sandi's Great British Woodland Restoration** Sandi Toksvig introduces new life into the once overgrown forest.
9.00 **24 Hours in A&E** A woman is rushed in after a hit-and-run.
10.00 **Celebrity Gogglebox** Shows appraised include *Celebrity Karaoke Club*.
11.05 **8 Out of 10 Cats Does Countdown** Double bill.
1.15 AM **Travel Man: 48 Hours in Washington, DC** With Phil Wang.
1.45 **Katie Price: Making Babies** Double bill.
3.50 **to 4.45** AM **Jamie's £1 Wonders & Money-Saving Meals**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 6-8/24. (S7)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Borderland:* 22/24. The agents track down a serial killer, but their investigation leads them to a revelation. **7.00** *Patriot Down:* 23/24. An agent's body is found badly burned. **8.00** *Rule Fifty-One:* 24/24. Gibbs is held captive in Mexico. (S7) **9.00** *The Spider and the Fly:* 1/24. The team get close to tracking down a drug kingpin. (S8)
10.00 **Law & Order: Special Victims Unit** *Pursuit:* 17/24. The detectives apprehend a sexual predator. (S12)
11.00 **Law & Order: Special Victims Unit** (S12)
1.50 AM **Blue Bloods** (S6)
2.50 **New York Undercover**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **22 Kids & Counting**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **FILM American Gangster** Ridley Scott's epic crime drama with Denzel Washington and Russell Crowe. (2007, 18, 157min) ★★★★
12.10 AM **FILM City Rats** Multi-stranded drama. (2009, 15, 93min) ★★
2.05 **Casualty 24/7: Every Second Counts**
3.00 **TMZ: Killing a Movie Star: Grave Injustice**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.05 **Car Pound Cops**
9.35 **Outback Truckers**
10.35 **Traffic Cops**
11.35 **Police Interceptors**
12.35 PM **FILM Column South** Western adventure. (1953, U, 85min) ★★
2.15 **FILM Showdown** Western drama. (1963, b/w, PG, 79min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Police: Night Shift 999**
10.00 **Beacon 23** New episode 7/8. An organisation known as The Column arrives at the station. **11.00** Series finale 8/8. Aster must make a life-or-death decision. (S1)
12.00 M'T **Fights, Camera, Action!** Sporting events.
1.05 AM **999: Criminals – Caught on Camera**
2.05 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build** The team transform the home of a couple with an autistic son. **7.00** The team build an extension for a family in Fareham, Hampshire.
8.00 **Inside the Ambulance** Michelle and Simon rush to a young man who has collapsed at work.
9.00 **999 Rescue Squad** After a crash, the team battle to free a trucker trapped in his cab. **10.00** A biker riding without a helmet crashes.
11.00 **Gavin & Stacey**
1.30 AM **Property Brothers: Forever Homes**
2.25 **to 3.00** AM **Date Night**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **London's Burning**
8.00 **Classic Doctors**
9.10 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **London's Burning**
3.00 **Bergerac**
4.10 **All Creatures Great and Small**
5.25 **The Upper Hand**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Gardeners of Eden:* A celebrity florist brings glamour and murder to Kembleford. **9.00** *The Beast of Wedlock:* A mythical wild cat features in the cleric's latest investigation.
10.00 **New Tricks**
11.20 **Bergerac**
12.30 AM **Lovejoy**
3.00 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

FRIDAY Entertainment

Really
142 128 17 145

6.00 AM **Fantasy Homes in the City** In Manchester.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **A Place in the Sun**
1.00 PM **Money for Nothing**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Celebrity Antiques Road Trip** *Strictly Come Dancing* 2016 champions Ore Oduba and Joanne Clifton compete. **8.00** Tina Hobley and Sharon Maughan look for antiques in the Cotswolds.
9.00 **Helicopter ER Critical Hour** The crew race to an emergency operation near Oldham, where a walker has plunged 300ft down a rocky ravine.
10.00 **Helicopter ER**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 142

7.00 AM **The Chase**
10.00 **The Crystal Maze**
11.00 **Through the Keyhole**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **The Crystal Maze** Game show hosted by Richard O'Brien.
6.00 **Through the Keyhole**
7.00 **Tenable** Warwick Davis hosts as five friends who go fishing together try to answer questions about top 10 lists.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** Quiz show.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Bridge of Lies**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** Quiz show.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.10 AM **Wild West Chronicles** Western.
8.50 FILM **Hell in Normandy** World War Two drama. (1968, PG, 89min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM FILM **Gun Fury** Western. (1953, U) ★★★
2.50 FILM **Panhandle** Western. (1948, U) ★★
4.45 FILM **Ride in the Whirlwind** Western. (1966, PG, 83min) ★★
6.30 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 FILM **The Fighting Kentuckian** Western. (1949, b/w, U) ★★★
10.15 FILM **12 Rounds** Thriller. (2009, 12, 103min) ★★
12.25 AM FILM **The Recall** Thriller. (2017, 15) ★★
2.25 FILM **Jetstream** Thriller (2012, 12, 88min) ★★
4.20 **to 5.00** AM **Wild West Chronicles**
+1hour 324

GREAT! movies
321 425 34

9.00 AM FILM **Pretty Cheaters, Deadly Lies** Thriller. (2020, PG) ★★
11.00 FILM **A Bride's Nightmare** Thriller. (2020, PG, 85min) ★★
1.00 PM FILM **Running Away** Thriller. (2017, PG) ★★
2.55 FILM **Jane Doe: How to Fire Your Boss** Mystery. (2007, PG, 83min) ★★
4.45 FILM **A Dangerous Date** Thriller. (2018, 12) ★★
6.35 FILM **Battle: Los Angeles** (2011, 12) ★★★
9.00 FILM **Jack Ryan: Shadow Recruit** Thriller. (2014, 12, 106min) ★★★
11.15 FILM **The Expatriate** Thriller. (2012, 15) ★★
1.40 AM FILM **An Emma Fielding Mystery: Site Unseen** Crime drama. (2017, PG, 90min) ★★
3.30 **Air Rescue**
4.00 **to 6.00** AM FILM **Campus Caller** Thriller. (2016, 12, 90min) ★★
+1hour 322

GREAT! romance
319 424 52

8.10 AM FILM **Home by Spring** Drama. (2018, PG, 83min) ★★
10.05 FILM **The Beach House** Drama. (2018, PG) ★★
12.05 PM FILM **Summer Villa** Romantic drama. (2016, PG, 84min) ★★
2.00 FILM **Pearl in Paradise** Romantic comedy. (2018, PG, 90min) ★★
4.00 FILM **Love on Safari** Drama. (2018, PG) ★★
6.00 FILM **Love, For Real** Romantic comedy. (2021, PG, 84min) ★★
8.00 FILM **Wedding Cake Dreams** Drama. (2021, U, 85min) ★★
9.55 FILM **Wedding Season** Romantic comedy. (2023, U, 84min) ★★
11.50 FILM **A Brush with Love** Drama. (2019, PG) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Designed with Love** Drama. (2020, PG) ★★
+1hour 320 63

Rewind TV
182 95

6.00 AM **Highlights**
9.00 **Space 1999** 9/24. (S1)
10.00 **I Dream of Jeannie**
10.30 **Watching** 3/11. (S5)
11.00 **A Fine Romance** (S3)
11.30 **Diff'rent Strokes** (S1)
12.00 NOON **The Fantastic Journey** 6/10. (S1)
1.00 PM **Department S** (S2)
2.00 **Shine on Harvey Moon**
3.00 **Arthur C Clarke**
4.00 **Stereo Underground**
5.00 **Diff'rent Strokes** (S1)
5.30 **Watching** 3/11. (S5)
6.00 **I Dream of Jeannie**
6.30 **Married... With Children**
7.00 **Blue Thunder**
8.00 **The Fantastic Journey**
9.00 **Department S** (S2)
10.00 **Married... With Children**
10.30 **Drop the Dead Donkey**
11.00 **Whose Line Is It Anyway?** Comedy.
11.30 **Stereo Underground**
12.30 AM **Bubblegum & Cheese** 6/13. (S1)
1.30 **Shine on Harvey Moon**
2.30 **to 6.00** AM **Highlights**

DMAX
159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Outback Crystal Hunters** Double bill.
5.00 **Kindig Customs**
7.00 **Deadliest Catch** Josh takes a risk to keep the *Cornelia Marie* crew safe. **8.00** For the first time, Junior has to call on the chase boat to help rescue them.
9.00 **Wheeler Dealers** Mike gets a major tip from an unusual source – his electrician. **10.00** Mike and Elvis gamble on a TVR Griffith.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **James Martin Digs Deep** Double bill.
7.00 **The Pioneer Woman**
9.00 **The Hairy Bikers Go Local** Double bill.
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
2.00 **James Martin Digs Deep**
3.00 **The Pioneer Woman**
5.00 **The Hairy Bikers Go Local** Double bill.
7.00 **Great British Bake Off**
9.00 **James Martin's Islands to Highlands** James explores Northern Ireland alongside his good friend Paul Rankin.
10.00 **James Martin Digs Deep** Chef Martin Blunos pays a visit. **10.30** The chef attends a party in his honour.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 9/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 3/22. (S3)
11.00 FILM **2021: War of the Worlds** Sci-fi thriller. (2021, 12, 78min) ★★
1.00 PM FILM **It Came from Outer Space 2** Thriller. (1996, PG, 84min) ★★
3.00 FILM **Lost City Raiders** Sci-fi action adventure. (2008, 12, 90min) ★★
5.00 **Star Trek** 8/30. (S1)
6.00 **T.J. Hooker** 4/22. (S3)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **Empire State** Crime action thriller. (2013, 15, 90min) ★★
10.55 FILM **The Hitman's Apprentice** Thriller. (2012, 15, 82min) ★★
12.45 AM FILM **The Gunman** Drama with Sean Penn. (2015, 15, 115min) ★★★
3.00 **to 4.55** AM FILM **Mindscape** Fantasy. (2013, 15, 97min) ★★★

Legend Xtra
317 171 69 138

6.00 AM FILM **The Mummy** As shown at 5.00pm.
8.00 FILM **Flight World War II** Sci-fi thriller. (2015, 12, 85min) ★★
10.00 **Farscape** 5/22. (S1)
11.00 FILM **Moby Dick** Thriller. (2010, 12, 87min) ★★
1.00 PM FILM **Beware! The Blob** Comedy sequel. (1972, 15, 87min) ★★
3.00 **Farscape** 5/22. (S1)
4.00 **Star Trek** 16/30. (S1)
5.00 FILM **The Mummy** Hammer horror starring Peter Cushing. (1959, PG, 88min) ★★★
7.00 **Farscape** 8/22. (S1)
8.00 **Star Trek** 17/30. (S1)
9.00 FILM **Stagecoach** Western starring Trace Adkins and Kim Coates. (2016, 15, 90min) ★★
10.50 FILM **Bad Lieutenant** Crime drama. (1992, 18, 98min) ★★★★
1.00 **to 3.00** AM FILM **Stagecoach** (2016)
+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Auction Hunters**
7.55 **Storage Wars**
8.55 **Hardcore Pawn**
10.15 **Alien Corridors**
11.10 **Strange Evidence**
12.10 PM **Strangest Things**
1.05 **Queens of Ancient Egypt** Queen Tiye.
2.05 **Pawn Stars**
3.05 **Storage Wars**
4.00 **Ancient Aliens**
6.00 **Evidence of the Unexplained**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Mission Unexplained**
10.00 **Strange Evidence**
11.00 **World's Most Unexplained...**
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Alien Corridors**
2.00 **Strange Evidence**
3.00 **Hardcore Pawn**
3.25 **The Liquidator**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT
153 138 46 133

9.00 AM **The Hotel Inspector**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.30 **Eggheads** Quiz show.
6.00 **Ben Fogle: New Lives in the Wild** Double bill..
8.00 **Walking Britain's Roman Roads** Dan Jones explores Roman roads Dere Street and Stanegate.
9.00 **Emperor: Rise & Fall of a Dynasty** Sian Phillips narrates the history of the Roman Empire.
10.00 **Inside the Tower of London** Cameras focus on new Beefeater Barney Barnett.
11.00 **Prisoner: Cell Block H** New episodes (S4)
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **The Hotel Inspector**
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **Escape to the Country** A newlywed couple search for a property in Hertfordshire.
9.00 **The Great Pottery Throw Down** The six remaining potters produce handmade tiles. **10.00** The five remaining potters face two tough challenges.
11.00 **Home Town** A couple turn their property into a Christmas tree farm.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **1000-lb Sisters** After Tammy's bad doctor's appointment, Chris accuses Amy of enabling her sister.
8.00 **My 600lb Life: Where Are They Now?**
10.00 **My 600lb Life**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **My 600lb Life: Where Are They Now?**
4.00 **to 6.00** AM **My 600lb Life**
+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **New Girl** 5&6/23. (S3)
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** (S8&9)
1.00 PM **Impractical Jokers**
1.30 **Friends** (S9&10)
8.00 **Friends** 3/18. Ross tries a spray-on tan but fails to follow the instructions **8.30** 4/18. Emma's first birthday arrives. (S10)
9.00 **Mr Bean** Double bill.
10.00 FILM **Beavis and Butt-Head Do the Universe** Animated comedy. (2022, 15, 87min) ★★
11.50 FILM **Tucker & Dale vs Evil** Comedy horror. (2011, 15, 88min) ★★★
1.50 AM **Impractical Jokers**
2.50 **Whose Line Is It Anyway? USA**
3.10 **Key & Peele**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 21&22/22. (S5)
11.00 **Friends** (S10)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **New Girl** 5&6/23. (S3)
5.00 **Becker** 21&22/22. (S5)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **Whose Line Is It Anyway? USA** With Jonathan Mangum. **9.30** With Colin Mochrie.
10.00 **Friends** (S8&9)
12.00 M'T **Al Murray: And a Glass of White Wine for the Lady** Comedy.
1.25 AM **Jimmy Carr: Making People Laugh**
3.35 **Lee Evans: XL Tour**
4.20 **The Ricky Gervais Show** Double bill.
5.10 **Modern Horror Stories**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
9.00 **Celebrity Four Weddings** Reality series.
10.00 **Highway Patrol**
11.00 **Border Patrol**
12.00 NOON **The Equalizer**
2.00 PM **The Real A&E**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **Manifest** 3/13. (S3)
6.00 **The Flash** 2/18. (S7)
7.00 **MacGyver** 8&9/23. (S2)
9.00 **Freddie Down Under** 5/6. Andrew Flintoff and Rob Penn visit Sydney and Melbourne. **10.00** 6/6. Andrew Flintoff and Rob Penn conclude their adventure.
11.00 **For Life** 3/10. (S2)
12.00 M'T **The Equalizer**
2.00 AM **Road Wars**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

6.00 AM **Daria** 4/14. (S5)
6.20 **16 and Pregnant**
7.10 **Teen Mom: Young & Pregnant** Reality series.
11.00 **Catfish: The TV Show**
12.00 NOON **Catfish: Catch of the Day**
1.00 PM **Catfish: The TV Show** Reality series.
2.00 **Catfish: Firsts**
3.00 **Catfish: The TV Show**
7.00 **Teen Mom: The Next Chapter** The casts of *Teen Mom OG* and *Teen Mom 2* join forces.
8.00 **Help! I'm in a Secret Relationship!** Kylee is confused about why her girlfriend Tonee could be hiding her.
9.00 **Skin A&E** Dr Toby Nelson treats a patient with an overgrown mole.
10.00 **Geordie Shore**
11.00 **True Life Crime**
12.00 M'T **MTV Unplugged**
1.00 AM **Ink Master**
2.45 **Geordie OGs**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Building Off the Grid**
9.00 **Kindig Customs** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Gold Rush** Parker battles to bring in his first Money Pit gold. **4.00** Parker gains momentum at Dominion Creek.
5.00 **Deadliest Catch** Josh and Casey apply frontier medicine to a bleeding deck boss.
6.00 **Wheeler Dealers** Tracking the Volvo 240 Torslanda.

9.00 Mystery at Blind Frog...

7.00 Salvage Hunters Salvage expert Drew Pritchard tries to charm Lady Arran at a stately home in Barnstaple.

8.00 Gold Rush Brennan reaches breaking point and confronts one of Kevin's crew members about their performance.

9.00 Mystery at Blind Frog Ranch New edition Chad and Eric discover an abandoned mine in the mountains.

10.00 Moonshiners New edition Mark and Digger spot their liquor thief on camera as Tickle, Josh and Henry strike gold.

11.00 **Gold Divers** Part one of two. Reaper Nation fight to mine until the cold, bitter end.
12.00 M'T **Street Outlaws**
1.00 AM **Mystery at Blind Frog Ranch** As shown at 9.00pm.
2.00 **Moonshiners** As 10.00pm.
3.00 **Gold Rush** New edition
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Insane Pools: Off the Deep End** A dream backyard.
9.00 **Crikey! It's the Irwins**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Insane Pools: Off the Deep End** Eco-friendly pools.
1.00 PM **Crikey! It's the Irwins**
2.00 **The Aquarium** Double bill.
4.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff and Dr Petra team up to save a cat hit by a car. **5.00** Dr Jeff treats a skittish Savannah cat.
6.00 **Insane Pools: Off the Deep End** Creating a tropical oasis.

7.00 Crikey! It's the Irwins

7.00 Crikey! It's the Irwins Terri and Bindi join the team at the Australia Zoo Wildlife Hospital, and a koala undergoes surgery.

8.00 Insane Pools: Off the Deep End Creating a giant double-pool feature with a connecting stream and customised surprises.

9.00 Monsters Inside Me A parasite eats the leg of a boy, while another infects a couple, placing a strain on their lives.

10.00 Alaska: The Last Frontier Eve and Eivin find a boat that has capsized during a storm and go searching for survivors.

11.00 **Monsters Inside Me** A neuro-psychiatrist suffers multi-organ failure.
12.00 M'T **Growing Up: Clouded Leopard** Documentary.
1.00 AM **Alaska: The Last Frontier**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Insane Pools: Off the Deep End**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **WW2: Hell Under the Sea**
11.00 **Airport Security: Peru**
12.00 NOON **Car S.O.S**
1.00 PM **To Catch a Smuggler**
2.00 **Air Crash Investigation**
3.00 **Lost Treasures of Angkor: Ancient Laos Revealed**
4.00 **Lost Treasures of the Bible**
5.00 **Car S.O.S** Tim and Fuzz take on possibly their most obscure car to date, a little-known 1964 trials competition car.
6.00 **Air Crash Investigation**

9.00 JFK: The Lost Bullet

7.00 Air Crash Investigation Indonesian investigators must determine why a Boeing 737 Max 8 plunged into the Java Sea.

8.00 Draining the Bermuda Triangle Exploring the 450,000 square mile area of ocean and using sonar data to 'drain' the sea.

9.00 JFK: The Lost Bullet Re-examining the film that captured John F Kennedy's assassination in Dallas in November 1963.

10.00 UFOs: Investigating the Unknown A whistleblower provides testimony and the US Government consider a new approach.

11.00 **Air Crash Investigation**
12.00 M'T **Colossal Machines**
1.00 AM **Atlas of Cursed Places**
2.00 **Money Meltdown**
2.30 **Bid & Destroy**
2.55 **Lords of War**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Claw Hunters**
7.45 **Flipping Bangers**
8.45 **Forged in Fire**
9.35 **Storage Wars** Five editions.
12.00 NOON **World's Greatest Treasure Mysteries**
1.00 PM **Flipping Bangers**
2.00 **Bomber: Terror of WWII**
4.00 **Pawn Stars** Four editions.
6.00 **American Pickers** Mike crashes into the godfather of Italian scooters, while Robbie and Jersey nearly drown in a sea of smalls.

10.00 Ancient Aliens: Origins

7.00 Forged in Fire In one of the most unique first rounds in the show's history, the smiths try to become the fastest blade.

8.00 Container Wars Jason gets the inside track. **8.30** Mo and Ty argue over the contents of a mysterious container.

9.00 Royal Autopsy Alice Roberts and Home Office pathologist Brett Lockyer examine the cause of death of George IV.

10.00 Ancient Aliens: Origins New edition Encounters with extraterrestrial visitors in the remote past.

12.00 M'T **Pawn Stars** Four editions.
2.00 AM **Auschwitz – Countdown to Liberation** A look at the events leading to the liberation of the camp in southern Poland where six million people, mostly Jewish, were murdered by the Nazis.
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Abandoned Engineering**
10.00 **WW2 – Frontlines**
11.00 **World War Weird**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **WW2 – Frontlines**
5.00 **World War Weird** How swarms of fleas were used to infect a city with the bubonic plague.
6.00 **Antiques Roadshow** Fiona Bruce presents the show from Ightham Mote near Sevenoaks.

9.00 The Warship: Tour of Duty

7.00 Canal Boat Diaries Robbie Cumming explores the picturesque Staffordshire and Worcestershire Canal.

8.00 Trawlermen: Hunting the Catch The crew of *Karen of Ladram* hunt hake off Cornwall, and *Tydus* goes in search of crabs.

9.00 The Warship: Tour of Duty In the South China Sea, the warship launches helicopters to see off the Chinese Navy.

10.00 Bangers & Cash Dave faces a tough job to extricate a Volkswagen Golf from a garden that has grown around it.

11.00 **Abandoned Engineering** Ruins of a vast industrial ghost town in the United States.
12.00 M'T **Great American Railroad Journeys** Travelling along the Upper Mississippi to Red Wing, Minnesota.
1.00 **to 3.00** AM **Secrets of the London Underground**

+1 hour 255 329

Friday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Chasing Classic Cars**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
11.00 **The Repair Shop**
1.00 PM **Salvage Hunters**
3.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Shed and Buried** Henry and Sam visit the largest sidecar manufacturer in Britain. **8.30** Meeting a man who has been collecting cars since 1963.
9.00 **The Repair Shop** Restoring a homemade radio, dinner gongs and a musical carousel. **10.00** A rugby trophy, an accordion and a Victorian sewing machine.
11.00 **Wheeler Dealers**
1.00 AM **Chasing Classic Cars**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
9.00 **Say Yes to the Dress: Atlanta** Triple bill.
11.00 **Say Yes to the Dress: UK** Double bill.
12.00 NOON **Murder Comes to Town** True-crime.
1.00 PM **Evil Lives Here**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** Adele Bellis.
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Faking It: Tears of a Crime** Harold Shipman.
8.00 **Murder on CCTV**
10.00 **People Magazine Investigates** New edition
11.00 **People Magazine Investigates**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** A wealthy manager is taking the NHS for a ride, and a tax fraudster claims to be a spy.
8.00 **Inside Crime** The lengths two scammers went to for money.
9.00 **Forensic Factor** New edition A detailed look at the investigation of a high-profile crime.
10.00 **Fatal Frontier: Evil in Alaska** When a national guardsman is killed, investigators discover a complex past.
11.00 **Evidence of Evil** A serial killer is at work in Baton Rouge.
12.00 M'T **48 Hours**
1.00 AM **Forensic Factor**
2.00 **Fatal Frontier: Evil in Alaska** As 10.00pm.
3.00 **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Bloodline Detectives** Double bill.
11.00 **Medical Detectives**
2.00 PM **The Real Prime Suspect** Double bill.
4.00 **Medical Detectives** The hunt for an elderly woman's murderer. **4.30** How authorities traced a gun without a serial number. **5.00** How the FBI found a St Louis serial killer using only a computer. **5.30** Police hunt for a Philadelphia rapist with a single sketch of the man and 900 suspects. **6.00** A healthy family contract three separate deadly illnesses. **6.30** A renowned surgeon is found killed in his apartment.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Road Wars**
8.00 **Stop, Search, Seize**
9.00 **Nothing to Declare**
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **Killer Siblings**
1.00 PM **Killer in My Village**
2.00 **Ireland's Most Evil Killers** Catherine Nevin.
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **Killer Siblings**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **The Priest and the Paedophile Hunter**
11.10 **World's Most Evil Killers**
1.00 AM **Murders That Shocked the Nation**
2.00 **Snapped** Ciera Harp.
3.00 **Britcam: Emergency on Our Streets**
4.00 **Brit Cops UK**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Blood of the Clans**
9.15 **Immortal Egypt with Joann Fletcher**
10.35 **The Korean War**
11.45 **1945-1953: From World War to Cold War**
1.00 PM **Blood of the Clans**
2.15 **Immortal Egypt with Joann Fletcher**
3.30 **The Korean War**
4.35 **1945-1953: From World War to Cold War**
5.50 **Blood of the Clans**
7.10 **Immortal Egypt with Joann Fletcher** How Egypt's enemies exploited its strife.
8.20 **The Korean War** How the death of Stalin led to a halt in the war.
9.30 **1945-1953: From World War to Cold War** 2/2. How the atomic bomb was created.
10.45 **Immortal Egypt with Joann Fletcher**
12.00 M'T **The Korean War**
1.10 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Mission to Burnley**
7.00 **Discovering: Robin Williams**
8.00 **The Directors**
9.00 **The Seventies**
10.00 **King in the Wilderness**
12.15 PM **A Choice of Weapons: Inspired By Gordon Parks**
2.00 FILM **Ice on Fire** Documentary. (2019, PG, 88min) ★★★★
4.00 **The Directors**
5.00 **Discovering: Robin Williams**
6.00 **The Seventies**
7.00 **Dart Kings** 3/3. Looking at the life and career of darts legend Phil 'The Power' Taylor.
8.00 **King of the Apocalypse** Dakota Adams explores the American right-wing militia movement.
10.00 **Music Box** A look back the story of Woodstock 1999.
12.00 M'T FILM **The Armstrong Lie** Alex Gibney's documentary about cycling champion Lance Armstrong's fall from grace. (2013, 15, 124min) ★★★★
2.30 AM **The Slow Hustle**
4.20 **The Great Horsemeat Scandal**
5.00 **to 6.00** AM **Discovering: Robin Williams**

Sky Nature

124/125 822 189 354 369

6.00 AM **Wild Dogs: Running with the Pack** Double bill.
7.00 **Monkey Life**
8.00 **Great Blue Wild**
9.00 **Living Beach**
10.00 **The Wadden Sea**
11.00 **Orangutan Jungle School**
12.00 NOON **Surviving the Amazon**
1.00 PM **Monkey Life**
2.00 **Great Blue Wild**
3.00 **Living Beach**
4.00 **The Wadden Sea**
5.00 **Gangs of Baboon Falls**
6.00 **Surviving the Amazon**
7.00 **Monkey Life** Double bill.
8.00 **Airborne** Examining different navigation methods.
9.00 **Wildlife ER** New edition The work of staff at the RSPCA Hospital in Brisbane, Australia.
10.00 **Surviving the Amazon**
11.00 **Gangs of Baboon Falls**
12.00 M'T **Orangutan Jungle School**
1.00 AM **Reef Wrecks**
2.00 **Airborne**
3.00 **Wildlife ER**
4.00 **Great Blue Wild**
5.00 **to 6.00** AM **Living Beach**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Combat Ships**
9.00 **The Abyss: Rise & Fall of...**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Britain's Most Historic Towns** Civil War Oxford.
2.00 **Secrets of Great British Castles**
3.00 **The Abyss: Rise & Fall of the Nazis** Documentary.
4.00 **Combat Ships**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Craig Charles: UFO Conspiracies** Focusing on UFO activity in central Scotland.
8.00 **The UnXplained with William Shatner** Double bill.
10.00 **Medieval Murder Mysteries**
11.00 **Secret Societies: In the Shadows** Documentary.
12.00 M'T **Ancient Aliens**
2.00 AM **Britain's Most Historic Towns** Stewart Stirling.
3.00 **Walking Through History**
4.00 **Weird or What? With William Shatner** Odd lights in the sky.
5.00 **to 6.00** AM **Craig Charles: UFO Conspiracies**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Murdertown**
10.00 **Accident, Suicide or Murder?**
11.00 **Imperfect Murder**
12.00 NOON **Buried in the Backyard**
1.00 PM **Real Murders of Atlanta**
2.00 **City Confidential**
3.00 **Killer Britain**
4.00 **Murdertown**
5.00 **Cold Case Files**
6.00 **Homicide: Hours to Kill**
7.00 **The First 48**
8.00 **Accident, Suicide or Murder?** New edition Documentary.
9.00 **My Strange Arrest** New editions Double bill.
10.00 **Cops Uncensored**
11.00 **Homicide Hunter**
12.00 M'T **Buried in the Backyard**
1.00 AM **My Strange Arrest**
2.00 **The Butcher: Hidden in My House** Documentary.
3.00 **City Confidential**
4.00 **Cold Case Files**
5.00 **to 6.00** AM **Imperfect Murder**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Yukon Vet**
9.00 **Shark Men**
10.00 **Baby Animal Rescue**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Bite, Sting, Kill**
3.00 **Cat Attack-Tics**
4.00 **Secrets of the Zoo: Tampa**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City: Snake Charmer** A compilation of Siouxsie's most epic captures.
7.00 **Yukon Vet** Dr Oakley checks up on Bindi's pups.
8.00 **Africa's Hunters** A young leopard refuses to leave its mother, despite having reached maturity two years previously.
9.00 **Africa's Deadly Kingdoms**
10.00 **Alaska: The Next Generation**
11.00 **Snakes in the City**
12.00 M'T **Last of the Giants: Wild Fish** Documentary.
1.00 AM **World's Deadliest**
2.00 **Yukon Vet**
3.00 **Secrets of the Zoo: Tampa**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Secrets of Seal Team 6**
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Expedition Unknown**
12.00 NOON **Blowing Up History**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Mysteries of the Deep**
5.00 **Mysteries at the Museum**
7.00 **Alien Highway**
8.00 **Secrets of Seal Team 6** A profile of the US Navy team that killed Osama bin Laden in May 2011, including interviews with former operators.
9.00 **Combat Dealers** Bruce Crompton heads to Ypres to look for World War One items.
10.00 **Shed and Buried**
11.00 **World's Greatest Motorcycle Rides** 2/3. A journey to Adelaide on the Great Ocean Road.
12.00 M'T **Mysteries of the Deep**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Underground Worlds**
1.00 PM **Warbird Workshop**
3.00 **Underground Worlds**
5.00 **The Bill** Double bill.
7.00 **Pointless** Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **Cutting It** 6/6. Gavin faces up to a future without Allie, and decides what he intends to do next. However, the Henshall family are far from happy to learn what he has in mind. (S4)
10.20 **The Bill** *The Chief Super's Party:* 12/12. Brownlow throws a party for his retiring clerk. (S2) **11.20** *The New Order of Things:* 1/12. Sgt Peters and Sgt Penny apprehend a man who is waiting to attack PC Muswell. Meanwhile, Carver begins his CID training. (S3)
12.20 AM **Pointless** Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
2.15 **Cutting It** As 9.00pm.
3.20 **to 6.00** AM **Underground Worlds**

+1 hour 266 376

ID

154 166

8.00 AM **The Killer in My Family**
9.00 **The Murder Tapes**
11.00 **Murder Chose Me**
1.00 PM **Betrayed**
3.00 **Til Death Do Us Part**
5.00 **Atlanta Justice**
7.00 **Calls from the Inside** The mystery surrounding the disappearance of Gretchen Anthony, who vanished after being diagnosed with COVID-19. **8.00** When a former crime reporter is found murdered, investigators suspect his spouse, until intercepted jailhouse calls reveal the true killer.
9.00 **Gucci Crimes of Fashion: People Magazine Investigates** The story of the 1995 murder of fashion boss Maurizio Gucci.
10.00 **Breaking Point**
11.00 **Ken and Barbie Killers: The Lost Murder Tapes**
12.00 M'T **House of Horrors: Kidnapped** Double bill.
2.00 AM **Atlanta Justice**
4.00 **to 6.00** AM **Calls from the Inside**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
7.00 **Kindig Customs**
8.00 **Iron Resurrection**
9.00 **Shed and Buried: Classic Cars**
10.00 **Shed and Buried**
11.00 **Salvage Hunters: Classic Cars**
12.00 NOON **Richard Hammond's Big** Richard explores the Kölnbrein Dam in Austria.
1.00 PM **Extreme RVs**
2.00 **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **Roadworthy Rescues**
5.00 **Shed and Buried**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Richard Hammond's Big**
8.00 **Roadworthy Rescues**
9.00 **Kindig Customs**
10.00 **Wheeler Dealers**
11.00 **Shed and Buried**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Hand Built Hot Rods**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **Problemista** As 3.35am.
7.50 **Parachute** Comedy drama. (2023, 15, 108min) ★★★★
9.45 **The Convert** Action drama. (2024, 15, 119min) ★★★★
11.55 PREMIERE **The Killer** As 8pm.
2.10 PM **Bad Boys: Ride or Die**
4.10 **Kill** Thriller starring Daniel Portman and Brian Vernel. (2023, 15, 90min) ★★★
5.50 **The Fall Guy** Action comedy thriller starring Ryan Gosling. (2023, 12, 126min) ★★★★

8.00 The Killer

8.00 PREMIERE **The Killer** John Woo's action thriller remake starring Nathalie Emmanuel and Omar Sy. An assassin tries to make amends in an attempt to restore the sight of a young singer. With Diana Silvers and Sam Worthington. (2024, 15, 135min) ★★★★ *See review, page 22.*
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Bad Boys: Ride or Die Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Kill** As shown at 4.10pm.
1.55 **Get Away** Horror comedy. (2024, 15, 86min) ★★★★
3.35 **Problemista** Offbeat comedy. (2024, 15, 104min) ★★★
5.25 **to 6.20** AM **Sky Cinema Preview**

Sky Cinema Hits

303 403 503 517

6.15 AM **The Fast and the Furious** Thriller. (2001, 15) ★★★
8.15 **2 Fast 2 Furious** Thriller. (2003, 12, 108min) ★★★
10.15 **The Fast and the Furious: Tokyo Drift** (2006, 12) ★★
12.10 PM **Fast & Furious** Thriller. (2009, 12, 107min) ★★★
2.05 **The Hurricane Heist** Action thriller. (2018, 12, 103min) ★
4.05 **The Great Escaper** (2023)
5.45 **Ferrari** Drama starring Adam Driver. (2023, 15, 130min) ★★★

10.20 8 Mile

8.00 A Star Is Born Drama starring Lady Gaga and Bradley Cooper, who also directed. A fading music star falls in love with a nightclub singer-songwriter. With Sam Elliott. (2018, 15, 136min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 8 Mile Urban drama starring Eminem. Detroit youth Jimmy 'Rabbit' Smith dreams of escaping his dead-end job at a car parts factory and making it as a hip-hop star. (2002, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Blind Side** Fact-based drama starring Sandra Bullock. (2009, 12, 129min) ★★★
2.25 **The Great Escaper** Drama. (2023, 12, 96min) ★★★★
4.05 **Sky Cinema Preview**
4.50 **to 7.10** AM **Jerry Maguire** Romantic comedy drama. (1996, 15, 139min) ★★★★

Sky Cinema Drama

310 410 510 524

7.45 AM **Billionaire Boys Club**
9.40 **Burlesque** Musical romantic drama. (2010, 12, 119min) ★★★
11.45 **The Unlikely Pilgrimage of Harold Fry** Drama. (2023, 12, 108min) ★★★
1.40 PM **Phantom Thread** Drama. (2017, 15, 130min) ★★★★★
3.55 **Billionaire Boys Club** Thriller starring Ansel Elgort and Taron Egerton. (2018, 15, 108min) ★
5.45 **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★
8.00 **Catch Me If You Can** Steven Spielberg's fact-based crime adventure starring Leonardo DiCaprio and Tom Hanks. (2002, 12, 141min) ★★★★★
10.20 **Charlie Wilson's War** Satirical political comedy starring Tom Hanks and Julia Roberts. (2007, 15, 97min) ★★★★
12.05 AM **The End of the Affair** Drama. (1999, 18, 101min) ★★★★
1.50 **Six Minutes to Midnight** Thriller starring Judi Dench. (2020, 12, 99min) ★★★
3.35 **Boy Meets Boy** Drama. (2021, 15, 75min) ★★★
4.55 **to 6.30** AM **Widow Clicquot** Drama starring Haley Bennett. (2023, 15, 90min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.00 AM **Ouija: Origin of Evil** (2016)
7.40 **Tarot** As shown at 1.50am.
9.15 **Linoleum** As shown at 3.35am.
11.10 **Star Trek II: The Wrath of Khan** Sci-fi adventure sequel. (1982, 12, 113min) ★★★★
1.10 PM **Riddick** Sci-fi thriller sequel. (2013, 15, 122min) ★★★
3.10 **Dune: Part Two** Sci-fi sequel starring Timothée Chalamet. (2024, 12, 166min) ★★★★★
6.00 **Star Trek III: The Search for Spock** Sci-fi adventure sequel starring William Shatner. (1984, PG, 105min) ★★
8.00 **Five Nights at Freddy's** Horror thriller starring Josh Hutcherson. A man accepts a position as a night-time security guard at an abandoned pizzeria, but is soon locked in a fight for survival. (2023, 15, 109min) ★★
10.00 **The Nun II** Horror sequel with Taissa Farmiga and Storm Reid. (2023, 15, 110min) ★★
12.00 M'T **Ouija: Origin of Evil** Horror prequel. (2016, 15, 99min) ★★★
1.50 AM **Tarot** Horror starring Harriet Slater. (2024, 15, 92min) ★★
3.35 **Linoleum** Sci-fi comedy drama. (2022, 12, 101min) ★★★
5.25 **to 7.05** AM **47 Metres Down** Horror. (2017, 15, 89min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

6.50 AM **Paulie** As 9.35pm.
8.35 **Maya the Bee** Animation. (2014, U, 86min) ★★
10.15 **A Tiger's Journey** As 7.45pm.
12.05 PM **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
2.05 **Robin and the Hoods** Comedy. (2024, PG, 101min) ★★
4.00 **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
6.00 **Daddy Day Camp** Comedy sequel starring Cuba Gooding Jr. (2007, PG, 88min) ★★

6.00 Daddy Day Camp

7.45 **A Tiger's Journey** Drama starring Sunny Pawar. In the valleys of the Himalayas, an orphan boy and a Bengal tiger cub embark on an adventure. (2023, PG, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Paulie** Family comedy starring Gena Rowlands, Tony Shalhoub and Cheech Marin. A talking parrot recounts his colourful life story. (1998, U, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Patch Adams** Fact-based comedy drama starring Robin Williams. (1998, 12, 115min) ★★
1.30 AM **The Adventures of Sharkboy and Lavagirl in 3-D** Fantasy adventure starring Taylor Lautner. (2005, U, 98min) ★★
3.15 **The Horse Dancer** Drama. (2017, PG, 114min) ★★★
5.20 **to 7.00** AM **The Canterville Ghost** Animated adventure. (2023, PG, 89min) ★★

Sky Cinema Stunts

307 407 507 521

7.40 AM **Deadlock** As 3.55pm.
9.30 **Days of Thunder** High-speed drama starring Tom Cruise. (1990, 15, 107min) ★★★
11.30 **Ghostbusters** Action comedy. (1984, 12, 105min) ★★★★
1.25 PM **Superman** Adventure. (1978, PG, 143min) ★★★★
3.55 **Deadlock** Action thriller. (2021, 15, 97min) ★
5.45 **Transformers: Rise of the Beasts** Fantasy prequel. (2022, 12, 127min) ★★★

3.55 Deadlock

8.00 **The Equalizer 3** Action thriller sequel starring Denzel Washington and Dakota Fanning. Former government assassin Robert McCall takes on the mafia in southern Italy. (2023, 15, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Sin City** Gory film noir thriller based on the graphic novels of Frank Miller, starring Bruce Willis, Mickey Rourke and Clive Owen. (2005, 18, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **The Three Musketeers: D'Artagnan** Historical drama. (2023, 15, 121min) ★★★★
2.35 **The Three Musketeers: Milady** Swashbuckling sequel. (2023, 12, 115min) ★★★★
4.40 **Sky Cinema Preview**
5.35 **to 7.35** AM **Reindeer Games** Thriller starring Ben Affleck. (2000, 15, 105min) ★★★★

Sky Cinema Comedy

308 408 508 522

6.20 AM **Please Don't Destroy...**
8.00 **Book Club: The Next Chapter**
9.55 **Airplane!** Comedy spoof. (1980, 12, 86min) ★★★★★
11.30 **Airplane II: The Sequel** Comedy. (1982, 15) ★★★
1.00 PM **Being John Malkovich** Comedy. (1999, 15) ★★★★★
3.00 **Clerks** (1994, b/w, 18) ★★★★
4.40 **Dazed and Confused** Comedy drama. (1993, 15) ★★★★
6.25 **Kangaroo Jack** Comedy. (2003, PG, 89min) ★

6.25 Kangaroo Jack

8.00 **Death Becomes Her** Fantasy with Meryl Streep, Goldie Hawn and Bruce Willis. Two women's bitter rivalry takes a deadly turn after they discover a magic rejuvenating potion. (1992, PG, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Trainwreck** Comedy drama with Amy Schumer and Bill Hader. A journalist who lives her life by the maxim that monogamy does not work has second thoughts when she falls for an interviewee. (2015, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **The Big Chill** Comedy drama. (1983, 15, 115min) ★★★★
1.40 AM **Please Don't Destroy: The Treasure of Foggy Mountain** Comedy. (2023, 15) ★★★
3.15 **Book Club: The Next Chapter** Comedy sequel. (2023, 12, 107min) ★★
5.05 **to 6.45** AM **Adult Life Skills** Comedy. (2016, 15) ★★★

Sky Cinema Crime

309 409 509 523

6.30 AM **Contraband** Thriller. (2012, 15, 105min) ★★★
8.20 **Pain & Gain** (2013, 15) ★★★
10.30 **Extremely Wicked, Shockingly Evil and Vile** Biopic. (2019, 15) ★★★★
12.20 PM **Safe** As 4.55am.
2.05 **The Beekeeper** Thriller. (2023, 15, 105min) ★★★
3.50 **John Wick** Action thriller. (2014, 15, 101min) ★★★★
5.35 **Bad Boys II** Action comedy sequel. (2003, 15) ★★★

10.00 Pulp Fiction

8.00 **Bad Boys: Ride or Die** Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Pulp Fiction** Quentin Tarantino's black crime comedy, a homage to trash crime novels and popular culture, starring John Travolta, Bruce Willis, Samuel L Jackson and Uma Thurman. (1994, 18, 154min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Bad Boys** Action comedy. (1995, 15, 118min) ★★★
2.55 **Drive-Away Dolls** Action comedy with Margaret Qualley. (2023, 15, 84min) ★★★
4.35 **The Cinema List: Thrillers**
4.55 **to 6.40** AM **Safe** Thriller. (2012, 15, 90min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Black Swan** Pirate adventure. (1942, PG) ★★★
12.45 PM **San Demetrio, London** World War Two drama. (1943, b/w, PG, 105min) ★★★★
2.45 **Broken Arrow** Western. (1950, PG, 93min) ★★★★
4.35 **Kind Hearts and Coronets** Vintage black comedy. (1949, b/w, U, 106min) ★★★★★
6.45 **The Mountain Between Us** Adventure. (2017, 12) ★★

6.45 The Mountain Between Us

8 PM **The Mountain Between Us** (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Venom** Comic-book fantasy adventure starring Tom Hardy, Michelle Williams and Riz Ahmed. A journalist gains superhuman strength and power when his body merges with an alien organism. With Scott Haze. (2018, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM **11.10** **Den of Thieves** Crime drama starring Gerard Butler, Jordan Bridges and O'Shea Jackson Jr. The Los Angeles county sheriffs' department hunts a gang of criminals plotting an audacious bank heist. (2018, 15, 137min) ★★★
1.55 **to 3.50** AM **Croupier** Thriller set in a casino, starring Clive Owen. (1997, 15, 93min) ★★★

11 PM

+1 hour 314 430 47 301

Sky Cinema Feel Good

302 402 502 516

6.00 AM **She's Out of My League**
7.50 **Couples Retreat** Comedy. (2009, 15, 113min) ★★★
9.45 **Snow Day** Family comedy. (2000, PG, 89min) ★★
11.20 **Stuart Little** Fantasy adventure. (1999, U, 84min) ★★★★★
12.50 PM **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★
2.15 **The Secret Garden** Drama. (2020, PG, 99min) ★★★★
4.00 **Anyone But You** Romantic comedy with Sydney Sweeney. (2023, 15, 103min) ★★★★
5.50 **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★
8.00 **Mamma Mia!** Musical based on the hit stage show inspired by ABBA songs, starring Meryl Streep, Pierce Brosnan, Colin Firth and Stellan Skarsgård. (2008, PG, 108min) ★★★★
10.00 **Ray** Biopic starring Jamie Foxx as music legend Ray Charles. (2004, 15, 152min) ★★★★
12.40 AM **Tropic Thunder** War spoof. (2008, 15, 107min) ★★★★
2.30 **She's Out of My League** Romantic comedy starring Alice Eve. (2010, 15, 100min) ★★★
4.25 **Sky Cinema Preview**
4.55 **to 7.20** AM **Broker** Comedy. (2022, 12, 129min) ★★★★

Sky Cinema Greats

304 404 504 518

7.15 AM **Out of Africa** As 2.10am.
10.00 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
12.00 NOON **Shirley Valentine** Romantic comedy starring Pauline Collins and Tom Conti. (1989, 15, 108min) ★★★★
2.00 PM **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
3.50 **Brewster's Millions** Comedy. (1985, PG, 97min) ★★★
5.45 **The Sting** Crime comedy drama. (1973, PG, 129min) ★★★★★
8.00 **Top Gun** Aerial action drama starring Tom Cruise as a hotshot young flier at the US Navy's elite air combat training school. (1986, 12, 110min) ★★★
10.00 **Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. With Téa Leoni. (1995, 15, 118min) ★★★
12.15 AM **Brewster's Millions** (1985)
2.10 **Out of Africa** Oscar-winning romantic epic starring Meryl Streep and Robert Redford. (1985, PG, 162min) ★★★★
5.05 **to 7.00** AM **Hudson Hawk** Action comedy starring Bruce Willis. (1991, 15, 97min) ★★★

Sky Cinema Animation

305 412 500 514

6.40 AM **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
8.05 **Lego DC Comics Super Heroes: Justice League vs Bizarro League** Animated adventure. (2015, U, 49min) ★★★
9.05 **Happy Feet** As 5.35pm.
11.00 **Happy Feet Two** As 7.30pm.
12.45 PM **Dr Seuss' The Lorax** Animated comedy adventure. (2012, U, 86min) ★★★
2.20 **Fireheart** Animated adventure. (2022, U, 92min) ★★★
4.00 **Migration** As 9.20pm.
5.35 **Happy Feet** Animated comedy. (2006, U, 108min) ★★★★
7.30 **Happy Feet Two** Animated musical comedy sequel. (2011, U, 100min) ★★★
9.20 **Migration** Animated comedy. (2023, U, 83min) ★★★
10.55 **Mummies** Animated comedy. (2023, U, 88min) ★★★
12.35 AM **Rugrats Go Wild** Animated comedy. (2003, U, 81min) ★★★
2.05 **Fireheart** As shown at 2.20pm.
3.45 **Lego DC Comics Super Heroes: Justice League vs Bizarro League** As 8.05am.
4.45 **to 6.10** AM **Scooby-Doo! The Sword and the Scoob** Animated comedy adventure. (2021, PG, 76min) ★★★

Movies 24

312 419

7.00 AM **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
9.00 **An Easter Bloom** Drama. (2024, PG, 84min) ★★
11.00 **A Honeymoon to Remember** Drama. (2021, PG, 85min) ★★
1.00 PM **Just in Time** Drama. (2024, PG, 90min) ★★
3.00 **The Beauty of Love** Romance starring Katerina Eichenberger. (2021, PG, 90min) ★★
5.00 **Love, Classified** Drama. (2022, PG, 90min) ★★
7.00 **The Wedding Contest** Romantic comedy starring Nikki McKenzie and Giles Panton. A couple hires two wedding planners, and asks them to compete to create the perfect theme for their big day. (2023, PG, 88min) ★★
9.00 **A Case for the Winemaker** Mystery with Candace Cameron Bure and Aaron Ashmore. (2024, PG, 120min) ★★
11.00 **Planning for Joy** Romantic comedy. (2022, PG, 86min) ★★
1.00 AM **Wedding of a Lifetime** Comedy. (2022, PG, 84min) ★★
3.00 **to 5.00** AM **Heart of the Matter** Drama. (2022, PG, 85min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Be My Guest** Comedy drama. (1964, U, 90min) ★★
7.40 **Shadows on the Stairs** Mystery. (1941, b/w, PG, 63min) ★★
8.55 **Stolen Face** Melodrama. (1952, PG, 72min) ★★
10.25 **Room to Let** Macabre thriller. (1949, b/w, PG, 70min) ★★
11.45 **What's On TPTV with Noel**
11.55 **Scotland Yard** 28/39. (S1)
12.30 PM **The Four Just Men** (S1)
1.05 **Not as a Stranger** Melodrama. (1955, b/w, PG, 135min) ★★★
3.45 **Witness in the Dark** Thriller. (1959, b/w, U, 62min) ★★
5.00 **Look at Life**
5.15 **So Long at the Fair** Mystery. (1950, b/w, U, 86min) ★★★
7.00 **Sherlock Holmes and the Secret Weapon** Mystery thriller. (1942, b/w, PG, 68min) ★★
8.25 **Strange But True**
9.05 **Doomwatch** 4/13. (S1)
10.10 **An Affair in Mind** Thriller based on a Ruth Rendell novel.
12.05 AM **Raw Deal** Revenge thriller. (1948, b/w, PG, 85min) ★★★
1.40 **The Man Who Turned to Stone** Sci-fi horror. (1957, b/w, 18) ★★★
3.10 **Little Devils: The Birth** Horror comedy. (1993, 15, 97min) ★★
5.05 **The Crofters of Achriesgill**
5.30 **to 6.00** AM **Time to Remember**

Friday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.30 LIVE **DP World Tour Golf** Coverage of the second day of the Ras Al Khaimah Championship at Al Hamra Golf Club in the UAE. Denmark's Thorbjorn Olesen won this event last year, finishing ahead of fellow Dane Rasmus Hojgaard.
1.30 PM **Total Football**
3.00 LIVE **SA20 Sunrisers Eastern Cape v Joburg Super Kings.** Coverage of the match at Dafabet St George's Park in Gqeberha.
7.30 LIVE **EFL Sheffield United v Hull City.** Coverage of the Championship match staged at Bramall Lane, as the two clubs at either ends of the table go head to head. Kick-off is at **8.00pm**.
10.30 LIVE **PGA Tour Golf** Coverage of day three of the Farmers Insurance Open staged at Torrey Pines in La Jolla, California.
1.00 AM **Sky Sports News**
2.00 **My Icon** Kadeen Corbin.
2.15 LIVE **ICC U19 Women's World T20** Coverage of the Super Six Group 2 match at YSD-UKM Cricket Oval in Bangi.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **Total Football**
5.00 PM **The Transfer Show**
5.30 **Premier League Icons**
6.00 **Premier League 100 Club**
7.00 **Premier League Preview**
7.30 **The Big Interview**
8.00 **Fantasy Show** Insight and tips ahead of the weekend's fixtures.
8.30 **Gary Neville's Soccerbox** Gary is joined by John Barnes to look back at memorable matches in which they faced each other.
9.00 **Premier League Preview** A look ahead to the weekend's matches in the Premier League.
9.30 **The Big Interview** Featuring a star of the past or present.
10.00 **Premier League Icons** A profile of Fernando Torres. **10.30** A profile of Gareth Bale.
11.00 **Premier League Years** Moments of the 1995/96 season.
1.00 AM **PL Retro** Another chance to see Arsenal v Everton from 1998.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **Retro League One**
8.00 **EFL Cup Highlights**
8.30 **EFL** The 2017/18 season.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **EFL** The 2010/11 play-off final.
12.00 NOON **EFL** Another chance to see Wrexham v Birmingham City.
2.00 PM **EFL Highlights**
3.00 **Bundesliga Weekly**
3.30 **EFL Highlights**
5.00 **Bundesliga Weekly** A preview ahead of the weekend's action.
5.30 **EFL Highlights**
7.30 LIVE **EFL Sheffield United v Hull City.** Coverage of the Championship match at Bramall Lane as the two clubs at either ends of the table go head to head. The Blades are battling at the top of the table for a return back to the top-flight, while Hull are fighting relegation. These sides last met back in September when goals in both halves gave the away side a 2-0 victory at the MKM Stadium. Kick-off **8.00pm**.
10.30 **EFL Greatest Games**
12.00 M'T **EFL** The 2020/21 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **Retro League One**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **Big Bash League**
7.00 **Best of Jimmy Anderson**
7.10 **Big Bash League**
8.10 LIVE **Big Bash League** Coverage of the challenger match, as the losers of the qualifier match face the winners of the knockout match for a place in the final.
11.30 **ICC Women's World Cup 2017**
12.00 NOON **Big Bash League**
1.00 PM **Women's ICC World T20**
2.00 **Big Bash League**
3.00 LIVE **SA20 Sunrisers Eastern Cape v Joburg Super Kings.** Coverage of the match at Dafabet St George's Park in Gqeberha.
7.30 **Women's ICC World T20**
8.00 **Big Bash League**
9.00 **SA20** T20 highlights.
11.00 **Big Bash League**
12.00 M'T **Women's ICC World T20**
1.30 AM **ICC Women's World Cup 2017** England v India.
1.45 **Women's ICC World T20**
2.15 LIVE **ICC U19 Women's World T20** Coverage of the Super Six Group 2 match at YSD-UKM Cricket Oval in Bangi.
5.30 **Jimmy Anderson's Greatest Spells** Archive highlights.
5.45 **to 6.00** AM **Blue for Bob**

Sky Sports Golf

405 515 505 423 443

6.00 AM **DP World Tour Golf**
6.30 **Ryder Cup Memories**
7.30 **My Ryder Cup**
8.00 **DP World Tour Golf**
8.30 LIVE **DP World Tour Golf** Coverage of the second day of the Ras Al Khaimah Championship at Al Hamra Golf Club in the UAE.
1.30 PM **Uncommon: Building a Boston Sports Team**
2.00 **PGA Tour Champions**
3.00 **PGA Tour Champions Learning Centre** Fitness advice and tips.
3.30 **Golf Academy**
4.00 **Uncommon: Building a Boston Sports Team**
4.30 **DP World Tour Golf**
5.00 LIVE **PGA Tour Golf** The early stages on the third day of the Farmers Insurance Open from Torrey Pines in La Jolla, California.
8.00 LIVE **PGA Tour Golf** Coverage of the third day of the Farmers Insurance Open at Torrey Pines.
1.00 AM **DP World Tour Golf**
1.30 **PGA Tour Golf**
2.30 **DP World Tour Golf**
3.00 **Golf Academy**
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

TNT Sports 1

410 870 527 408 430

6.30 AM **NBA Action** Highlights.
7.00 **Premier League Netbusters**
7.30 **Isuzu UTE A-League**
8.30 LIVE **Isuzu UTE A-League Melbourne Victory v Sydney FC.** Kick-off **8.35am**.
10.30 **Women's Ashes** Highlights.
12.00 NOON **T20 Cricket Highlights**
1.00 PM **Serie A – Full Impact**
1.30 **Ultimate Pool** Recent action.
3.00 **TNT Sports Cricket Reload**
3.15 **Serie A – Full Impact**
3.45 **Premier League Features**
5.00 **The Fantasy Show**
5.30 **Isuzu UTE A-League**
6.30 **Premier League Preview**
7.00 LIVE **Gallagher Premiership Rugby Union Harlequins v Northampton Saints.** Coverage of the match from Twickenham Stoop. Kick-off **7.45pm**.
10.00 **Premier League Features**
11.00 **The Fantasy Show**
11.30 **NBA on Fire** The latest news.
12.00 M'T LIVE **NBA Philadelphia 76ers v Cleveland Cavaliers.**
2.30 AM **World Rally Championship**
3.00 **Isuzu UTE A-League**
4.00 **to 6.00** AM LIVE **Isuzu UTE A-League Wellington Phoenix v Central Coast Mariners.**

TNT Sports 2

411 871 528 409 431

6.00 AM LIVE **HSBC SVNS** Coverage of the opening day of the third round of the season at HBF Park.
1.45 PM **Unbreakable: England 2003**
3.15 **TNT Sports Reload**
3.30 **SailGP Highlights**
4.30 **Women's Ashes** Action from Australia v England in the second T20 at Manuka Oval in Canberra.
5.30 **The Edge** Extended highlights of Australia v England, the second T20 in the multi-format series from Manuka Oval in Canberra.
6.00 **T20 Cricket Highlights** Action from India v England, the first T20 in the five-match series staged at Eden Gardens, Kolkata.
7.00 **UEFA Champions League Magazine** News and updates.
7.30 **UEFA Europa League & Conference League Highlights** Action from the latest fixtures.
8.30 **SailGP Highlights** The latest round of the season in Auckland.
9.30 **The Muddy Roots of Football**
1.00 AM **What I Wore** Steven Gerrard.
1.15 **The Fantasy Show**
1.45 **to 6.00** AM LIVE **HSBC SVNS** Coverage of the second day of the third round of the season staged at HBF Park in Perth.

TNT Sports 3

417 874 529 410 432

6.00 AM LIVE **T20 Super Smash Canterbury Kings v Wellington Firebirds.** From Hagley Oval.
8.15 **Premier League Reload**
8.30 LIVE **World Rally Championship** The Rallye Monte-Carlo, the first round of the season, featuring the fourth, fifth and sixth special stages.
11.30 **Champions League Highlights**
1.30 PM **UEFA Europa League & Conference League Highlights**
2.30 **Premier League Netbusters**
3.00 **UEFA Europa League**
5.30 **TNT Sports Reload**
6.00 **The Football's On**
7.00 **MotoGP** A 2024 season review.
9.00 **Champions League Magazine**
9.30 **Fight Week** UFC 311 review.
10.00 **Isuzu UTE A-League**
11.00 **World Rally Championship**
11.30 **Women's Ashes** Highlights.
1.00 AM LIVE **Women's T20 Super Smash Northern Brave v Otago Sparks.** Coverage from Bay Oval in Mount Maunganui.
4.30 **TNT Sports Cricket Reload**
4.45 **to 6.00** AM LIVE **T20 Super Smash Northern Brave v Otago Volts.** Coverage from Bay Oval in Mount Maunganui.

Sky Sports NFL

408 517 507 426 446

6.00 AM **NFL Highlights**
7.00 **NFL Bitesize Highlights**
8.00 **NFL: America's Game**
9.00 **NFL Highlights**
10.00 **Super Bowl LVI Highlights** Cincinnati Bengals v Los Angeles Rams from the 2021/22 season.
12.00 NOON **NFL Highlights** Dallas Cowboys v Detroit Lions.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
5.00 **NFL: America's Game** A review of the Tampa Bay Buccaneers 2020 campaign.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show.
8.00 **NFL Highlights** Action from the second Divisional play-off match.
9.00 **Super Bowl LIV Highlights** Kansas City Chiefs v San Francisco 49ers from the 2019/20 season.
11.00 **NFL Highlights** Action from the fourth Divisional play-off match.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **NFL Highlights** Action from the first Divisional play-off match.
2.00 **NBC's Pro-Football Talk**
4.00 **NFL Highlights**
5.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **US Open Classic Matches**
7.00 **Tennis** Action from recent finals.
1.00 PM **Murray's Moments**
3.00 **US Open Classic Matches**
4.00 **Tennis** Adelaide International.
6.00 **US Open** Jack Draper v Jannik Sinner in the 2024 semi-finals.
8.00 **Jack Draper's US Open**
8.30 **Andy Murray: Grit, Glory & Legacy** Sir Andy Murray's career.
9.15 **Bitesize Tennis** Highlights.
9.30 **WTA Tennis** Recent action.
10.30 **Bitesize Tennis**
11.00 **WTA Tennis** From Adelaide.
1.00 AM **US Open Tennis**
3.00 **US Open Classic Matches**
4.00 **to 6.00** AM **Murray's Moments**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
6.15 LIVE **ICC U19 Women's World T20** Coverage of a play-off match from Johor Cricket Academy Oval in Johor, Malaysia.
9.30 **Super League Highlights**
10.00 **NRLW** The Grand Final.
11.00 **NRL** Action from the Grand Final.
12.00 NOON **Super League Highlights**
1.00 PM **Big Bash League**
5.05 **PGA Tour Champions**
6.00 **Fight Night International**
8.00 **Big Bash League**
10.00 **Fight Night International** Action from the world super-bantamweight title bout between Naoya Inoue and Sam Goodman.
11.00 **One Championship Weekly**
11.30 **The Rugby Championship**
1.45 AM **Super League Highlights**
2.00 **NFL Highlights**
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

TNT Sports 4

421 876 530 411 434

5.45 AM LIVE **A-League Women Melbourne Victory v Sydney FC.** Coverage of the match from AAMI Park. Kick-off is at **5.50am**.
7.45 **Crouchy and Cole**
8.00 **TNT Sports Reload**
8.30 **UEFA Europa League**
11.00 **NBA Classic** Archive action.
1.00 PM **NBA** Recent match replays.
5.30 **NBA on Fire** The latest news.
6.00 **NBA** A chance to see Indiana Pacers v San Antonio Spurs. **7.30** Another chance to see Milwaukee Bucks v Miami Heat. **9.00** A chance to see Los Angeles Lakers v Boston Celtics.
10.30 **Ultimate Pool** Recent action.
12.00 M'T **Gallagher Premiership Rugby Union** Harlequins v Northampton Saints.
1.00 AM **UFC** A chance to see Islam Makhachev v Arman Tsarukyan.
4.00 **Premier League Preview**
4.30 **Women's Ashes** Highlights.
5.30 **to 6.00** AM **The Edge**

Eurosport 1

413 870 521 412 435

6.30 AM **Australian Open Tennis**
8.00 **Australian Open: Courtside** News and analysis from day 13.
8.30 LIVE **Australian Open Tennis** Coverage of the second men's singles semi-final on day 13 of the first Grand Slam event of the season staged at Melbourne Park.
11.30 **Australian Open: Courtside** News, reports and analysis from day 13 in Melbourne.
12.00 NOON **Australian Open Tennis** Highlights from Melbourne Park.
6.00 PM **Australian Open Tennis** Action from the opening women's singles semi-final in Melbourne. **7.30** Highlights from the second women's singles semi-final.
9.00 **Australian Open Tennis** The final of the mixed doubles. **10.00** Highlights from the opening men's singles semi-final. **12.00** M'T Action from the second men's singles semi-final.
2.00 **to 6.30** AM **Australian Open**

Eurosport 2

414 871 522 413 436

6.00 AM **Winter Sport: Mia Brookes**
6.20 **Ski Jumping** From Zakopane.
7.20 LIVE **Ski Jumping** From Japan.
9.00 **Alpine Skiing** From Wengen.
10.00 LIVE **Alpine Skiing** Coverage from Kitzbuhel in Austria.
12.30 PM **Biathlon** Recent highlights.
1.15 LIVE **Biathlon** In Antholz, Italy.
2.50 LIVE **Cross-Country Skiing** From Engadin in Switzerland.
4.00 LIVE **Ski Jumping** Coverage from Oberstdorf in Germany.
5.00 **Curling** Action from Turin, Italy.
7.00 LIVE **Freestyle Skiing** Coverage from Waterville in Utah.
8.30 **Ski Jumping** From Zao, Japan.
9.30 **Alpine Skiing** From Kitzbuhel.
10.30 **Biathlon** From Antholz, Italy.
11.30 **Discovery Golf**
12.00 M'T **Ski Jumping**
1.00 AM **Alpine Skiing**
2.00 **Masters Snooker**
4.00 **Discovery Golf**
4.30 **Biathlon** From Antholz, Italy.
5.30 **to 6.25** AM **Alpine Skiing**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.30 LIVE **Fight Night International Naoya Inoue v Sam Goodman.** Coverage of the WBC, IBF, and WBO world super-bantamweight title bout at Ariake Arena in Tokyo, Japan.
1.00 PM **Total Football**
5.00 **The Transfer Show**
5.30 **Sports Centre**
7.00 **The Transfer Show**
7.20 LIVE **Bundesliga VfL Wolfsburg v Holstein Kiel.** The top-flight match at Volkswagen Arena. Kick-off is at **7.30pm**.
9.30 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 **Sky Sports News**
2.00 AM **My Icon** Sporting influences.
2.15 LIVE **ICC U19 Women's World T20** Coverage of the Super Six Group 2 match at Borneo Cricket Ground, Sarawak.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports F1

406 516 506 424 444

6.00 AM **The Home of F1**
12.00 NOON **Lewis's Secret Cinema**
12.30 PM **Graham Hill: World Champion**
1.00 **Formula 1** The Dutch Grand Prix.
7.40 **F1 Feature**
7.45 **Ted Drives: F1 Car**
8.00 **Lewis's Secret Cinema**
8.30 **Formula 1** The Dutch Grand Prix.
10.40 **Ted Drives: F4 Cars**
10.50 **Driven by Us**
11.00 **Formula 1** The Dutch Grand Prix.
12.00 M'T **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

NEW

tv+ Eva the Owlet

Available from Friday, Apple TV+

The lovable little owl returns in new stories aimed towards preschoolers, with more big adventures to match her even bigger personality.

Based on the bestselling *Owl Diaries* books by Rebecca Elliott, the series opens with the owl city of Treetopington celebrating a special holiday, and Eva helping a lost oriole bird get back to his family - learning the true meaning of community along the way.

With its charming characters, and life lessons taught in a gentle and memorable way, this is the perfect thing to watch with your little ones.

milkshake! The Smurfs

Sat & Sun, 8.35am, Milkshake! on Five

Tune into new animated adventures featuring the little blue creatures, who live in their mushroom village led by Papa Smurf. Look out for two new characters: Wild Smurf, with his leafy hat, and Leaf, a nature fairy who is destined to replace Mother Nature – while evil wizard Gargamel is still trying to catch the Smurfs for his own gains. New stories include the trouble that takes place when Painter Smurf uses one of Handy's new inventions to help him paint portraits of his friends.

More great shows to watch this week...

Wonderblocks

Weekdays, 8.20am, CBeebies

From the creators of *Numberblocks*, *Alphablocks* and *Colourblocks* comes this series all about problem solving. Together with their friends Go and Stop, the blocks help turn little learners into problem-solving whizzes.

My Life: The Fastest Boy in the World

NEW

Thursday, 6pm, CBBC

Following Alfie, a 10-year-old motorbike racing champion with ADHD and autism, as he sets out to break a new land speed world record.

Star Wars: Skeleton Crew

Available now, Disney+

Jude Law stars in this coming-of age story set in the *Star Wars* galaxy, in which a group of kids try to find their way back home.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out an American actor (3,4). Answers at the bottom of the page – no cheating!

ACROSS

1 See picture clue: Star of 2017 film *Lady Bird*, Saoirse ----- (5)
4 -------- *Are a Girl's Best Friend*, Marilyn Monroe song (8)
6 Villain in 2019's *The Lion King* voiced by Chiwetel Ejiofor (4)
7 *The Vicar of Dibley* actor, ---- Waldhorn (4)
8 ----- Palmer, played Bianca in *EastEnders* (5)
9 Director of 1976's *Taxi Driver*, Martin -------- (8)
12 Former host of BBC1's *Question Time* (5,8)
15 *Gangs of London* star, Pippa ------- ------ (7-6)
18 *Doctors* and West End star, Ruthie -------- (8)
19 *The South Bank Show* presenter since 1978, Melvyn ----- (5)
22 Ben's fellow Flower Pot Man (4)
23 *The Inbetweeners* and *Friday Night Dinner* star, Simon ---- (4)
24 1935 Cole Porter musical, -------- *Goes* (8)
25 Mike Oldfield album from 1973, *Tubular* ----- (5)

DOWN

1 *Game of Thrones'* Robb Stark, ------- Madden (7)
2 Sandra Hutchinson in sitcom *The Liver Birds*, ----- Hughes (5)
3 BBC newsreader, ---- Munchetty (4)
4 Portia -- -----, *Arrested Development* actor (2,5)
5 1980s US soap with Dame Joan Collins (7)
10 Michael -----, star of *Good Omens* (5)
11 U2 guitarist, The ---- (4)
13 Song by Shocking Blue, covered by Bananarama in 1986 (5)
14 Game show on ITV1, ---- *the Chasers* (4)
15 Sally -------, star of BBC1 sitcom *Not Going Out* (7)
16 ------- Heads, American band fronted by David Byrne (7)
17 *Give My* ------- *to Broad Street*, 1984 film written by Sir Paul McCartney (7)
20 See picture clue: Australian comedian and actor born in 1980, ----- Wilson (5)
21 Wham! hit released in 1983, ---- *Tropicana* (4)

WORDS: LYNETTE BRIGHTON. PHOTOS: GETTY, APPLE TV+, MILKSHAKE! ON FIVE. ©2024 DISNEY & ITS RELATED ENTITIES, LUCASFILM/DISNEY.

CROSSWORD SOLUTION

ANSWER: Nia Long **ACROSS:** 1 Ronan 4 Diamonds 6 Scar 7 Gary 8 Patsy 9 Scorsese 12 David Dimbleby 15 Bennett-Warner 18 Henshall 19 Bragg 22 Bill 23 Bird 24 Anything 25 Bells
DOWN: 1 Richard 2 Nerys 3 Naga 4 De Rossi 5 Dynasty 10 Sheen 11 Edge 13 Venus 14 Beat 15 Bretton 16 Talking 17 Regards 20 Rebel 21 Club

Coming soon

Zero Day

FIRST LOOK

George Mullen (Robert De Niro, centre)

Robert De Niro headlines a star-studded conspiracy thriller

Can the powers that be prevent another tragedy?

Here's a sneak peek at Robert De Niro as he takes centre stage in dark political drama *Zero Day*.

The six-parter, airing on Netflix from 20 February, sees the Hollywood legend play popular former US President George Mullen. A cyberattack results in thousands of deaths, and George heads up the commission to locate those responsible before they strike again.

Angela Bassett as President Mitchell

Tech giants, Wall Street bankers and government officials all have their own agendas, however, and George has to establish whether the threat comes from outside or internal forces. But during his investigation, George must also address his own long-buried secrets…

Angela Bassett co-stars as shrewd current President Evelyn Mitchell, while Lizzy Caplan is George's politician daughter Alexandra, and Jesse Plemons is his one-time aide Roger Carlson. Joan Allen plays George's ambitious wife Sheila, Connie Britton is his ex-chief of staff Valerie Whitesell, Matthew Modine appears as Speaker of the House Richard Dreyer, and Dan Stevens is controversial TV host Evan Green.

'That's the spine of my character in the show – don't dodge anything, don't play games,' says De Niro. 'Be honest, so that the public knows what's going on.'

WHAT'S NEXT FOR…

Rose Ayling-Ellis

The actor will guest-star alongside Ncuti Gatwa later this year in an episode of BBC1's sci-fi saga **Doctor Who**, which showrunner Russell T. Davies describes as 'one of the most frightening we've ever made.'

Romesh Ranganathan

Sky Max's four-part travelogue **Can't Knock the Hustle** will see the comedian journey across India, the USA, South Korea and Canada to assess how different countries tackle the work-life balance.

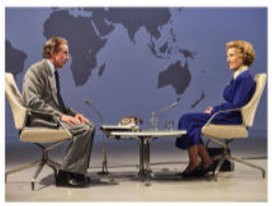
Joe Swash & Stacey Solomon

In BBC1's reality show **Stacey & Joe**, the couple open up about their family life as they juggle work, holidays and exam results, and even build a fishing lake.

Coming Back

For a second run of C4's **Renovation Rescue**, Vogue Williams and Luke Mabbott take over as hosts and help more property owners unleash their DIY talents to create the homes of their dreams after being let down by builders.

Next week On sale Tuesday 21 January



Brian and Maggie

Steve Coogan and Dame Harriet Walter appear in C4's drama about a key political interview.

Six Nations

The rugby union tournament kicks off in Paris as France host Wales on ITV1.

The Recruit

Netflix's action drama returns, and lawyer Owen (Noah Centineo) faces a new threat.

Paradise

Disney+'s thriller, starring Sterling K. Brown, follows a murder in an elite community.

Standard Subscription rates (1 year): UK £174.99, Europe £339 Euros, USA $610, Rest of World £469. For inquiries, contact TV&Satellite Week Subscriptions, Freepost Future Plc, or email help@magazinesdirect.com. If you require any other issues of Future Plc magazines, these are available online at magazinesdirect.com.

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Simple Pleasures Are Life's Treasures *Flameless Candle Set*

Handcrafted candle trio with removeable bronze-toned stands

Adorned with skilled artist Adrian Rigby's artwork

Safe LED flames turn on and off with easy-to-use remote control

Celebrate nature's beauty with the *'Simple Pleasures Are Life's Treasures' Flameless Candle Set* - a breathtaking masterpiece display, depicting sought-after art by skilled wildlife artist Adrian Rigby, exclusive to The Bradford Exchange!

Market-first candle trio, with Adrian Rigby art and a sentiment

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Meet the artist, Adrian Rigby

Born in 1962, Adrian Rigby studied at Blackpool College of Art before going on to teach there. After college, he devoted time to painting birds and animals that he had loved since childhood. Adrian Rigby exhibits widely, and has sold paintings to collectors as far as Asia, Europe, America and Australia.

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